

# **DOLPHIN LOG**

**Collection, Year 2015**

**The Bulletin of the  
Dolphin Swimming & Boating Club  
San Francisco, Established 1877**



**Dolphin Swimming & Boating Club  
502 Jefferson Street  
San Francisco, CA 94109**



SPRING 2015

# DOLPHIN LOG

THE BULLETIN OF THE DOLPHIN SWIMMING & BOATING CLUB • SAN FRANCISCO • ESTABLISHED 1877





# Once 'Round the Cove

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the Maldives

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Decisions to alter or publish  
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## Orphaned Kayaks

It turns out that all the kayaks at the club are owned by someone. Everyone who has a kayak at the club that has not already done so should identify themselves and their kayak in person or online to Terry Horn at [terryhorn@sbcglobal.net](mailto:terryhorn@sbcglobal.net) or to JD at [jd.durst@yahoo.com](mailto:jd.durst@yahoo.com). We don't have room for all the kayaks currently stored, and need to get rid of some of the less desirable ones. Those that are unclaimed will be the first to go, followed by those that are claimed but we have no room for. You will be asked to take

them home or they will be donated to local education programs. Any that we decide to keep and are not claimed by June 1st will be *auctioned off to members in good standing who will agree to keep them at the club for at least a year.*

All kayaks kept at the club will be identified with a number. The number, owner's name and email address will be listed in a logbook beside the boat room. Every time a member takes out a kayak, time and place should be noted in the book, just as they are for rowboats. *Kayaks should be replaced after use in the same spot in which they were found.*

## MARE



Marine Applied Research and Exploration (MARE) extends our warmest thanks to the members of the Dolphin Club for hosting our 2nd Sustainable Seafood fundraiser. MARE helped pioneer the creation of California's network of marine protected areas by conducting the original deep water surveys of the biodiversity along our coast. In 2014, MARE explored more seafloor than ever before, from the Santa Barbara Channel Island to the North Coast of California. The swimmers and rowers of the Dolphin Club are living proof that healthy oceans are important for our well being, our sense of wonder, and for keeping fresh fish on the barbecue! Thank you all for sharing our passion for exploring new places in California's waters...whether inside the bay or beyond.

*Tom Davies*

## Mystery Lockers Revealed at 10. Stay Tuned

Do you have stuff in one of those mysterious lockers in the storage room between the handball court and the boat shop? We're taking them out and replacing them with a much more efficient storage system. So, please take your stuff home as soon as possible! (The Building Committee is considering holding a ceremony with recorders from the Archive Committee if we have to cut any locks off.)

*Jackie McEvoy*

## Congratulations on the new Board

*President:* Rick Avery  
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*Treasurer:* Charlie Cross  
*Boat Captain:* JD Durst  
*Financial Secretary:* Jane Mermelstein  
*Recording Secretary:* Lisa Newman-Wise  
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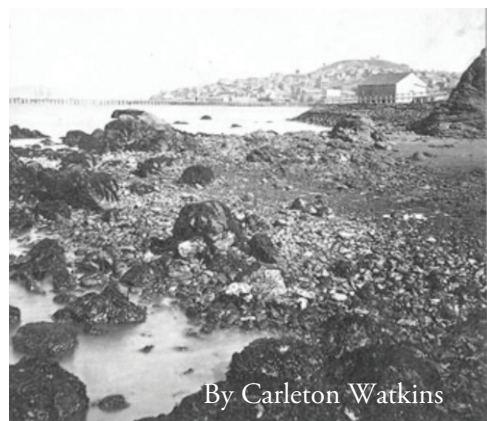
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## Black Point Cove before there was a Dolphin Club

In the newly published edition of my *Club Rowing on San Francisco Bay\**, there's an account of a newspaper report from 1869 that told of the drowning of a swimmer in Black Point Cove, which later became Aquatic Park. The book also includes two photos by the renowned photographer Carleton Watkins, from 1867, of four young people preparing to enter the waters of the cove some 10 years before the Dolphin Club was founded.

James Delgado, in his article "A Dream of Seven Decades: San Francisco's Aquatic Park," quotes from a court deposition by a George Stanton from 1863 that there was "a small shanty on the beach at the foot of Larkin Street ... at the corner of Larkin and Beach streets there were steps leading down to the beach." But nine years before Watkins' photos, an early San Francisco newspaper, in an 1858 issue about the Cove, commented, "a number of lads enjoyed the sport (of swimming) and basked in the sun, as playful as a school of dolphins, many of them of a tender age.... A casement bathing house for change of gear is provided, and stations for rests or diving off places for the swimmer, three in number, are (well) located.... We noticed a lady in full Bloomer, hat and all."



By Carleton Watkins

*Farnsworth Gap before there was a Muni Pier*



By Carleton Watkins

*Black Point Cove about 1867. Today it is a bocce ball court.*

A year earlier, a longer article on Black Point and Tonquin Point appeared in a San Francisco newspaper. It describes a swimming house in the cove, "on the cliff, about midway up, [where] some enterprising persons maintain a bathing establishment, where those desirous may obtain for a small fee a dressing room, garments and toilet comforts, the use of which enhances the enjoyment of the bath .... Mounting the steps of the Neptune establishment, we gain the sandy altitude of Larkin Street...." (Neptune is probably used in a generic sense, and not necessarily the name of a swim house.)

The National Park Service did a study called "Cultural Landscapes Inventory, 2001: Aquatic Park, San Francisco Maritime National Historical Park." They speculated that when Ghirardelli's chocolate factory started pumping warm water into the cove, swimming there became more popular. But anyone who actually enjoys swimming in Aquatic Park knows that warm water is not a requirement. The "lads" who swam in the cove, like a

"school of dolphins" generations ago, knew the water was just fine without jets of hot water shooting into the cove.

\*The new edition of *Club Rowing* is available for \$20 from Dave Kennedy at 415 788-7887 or Bill Pickelhaupt at billpick11@gmail.com.

*Bill Pickelhaupt*

### Internet Archive

In January the Board agreed to make a modest donation of \$500 to Internet Archive. They host our historic digital Dolphin Log collection for free and we'd like them to be around for a long time. Thanks to Rich Cooper for compiling the Log Archive.



*Author Liz Kantor (right) with a group of new Maldivian friends*

## Rowing around the Maldives

*Liz Kantor*

I couldn't resist the opportunity to indulge my passions for rowing and exotic travel when I found an announcement in my inbox last September about a rowing adventure in the Maldivian Islands. A pilot project to bring rowing tourism to the Maldives was being organized under the supervision of Guin Batten, a winner of the 2000 Olympic silver in the women's quad.

Although rowing is part of the islands' cultural history, the activity is now rare among Maldivians, and the tour organizers are also working to bring rowing more national attention, and to introduce rowing programs at the islands' schools.

The diverse group of enthusiastic rowers in the group for the first tour, from February 7-16 of this year, included only two from the US; others came from Argentina, Austria, Canada, the Netherlands, Norway, Peru, Serbia, Switzerland and the UK. Our ages ranged from 30s to 70s. After a marathon air trip of 22 hours, our group met in the southernmost atoll of Addu

City where we settled into our floating home base "safari boat", where we slept and ate for the next nine days.

The first day we got familiar with our three coastal double shells and one single, and practiced entering and exiting from the water, which would be our pattern during the planned longer rows going north. On Monday, from Addu City, we rowed relay style about 60 kilometers to the island of Fuvahmulah. Our mothership motored at a distance to meet us at our destination, while the interchanging rowers spent the day between the coastal shells and a 'dhoni,' a smaller boat which carried water and lunches, the Maldivian guides and crew, and Guin Batten who scheduled and assigned the rowers our shifts. Rows were from 1/2 hour to 2 hours, depending upon the currents, winds, waves and rowers. Jumping from the dhoni, exiting and entering the shells, and returning to the dhoni, often through a choppy sea, were scrupulously choreographed and supervised by Guin.

On Wednesday we took on the challenge of rowing the "zero degree crossing," aiming north 72km across the equator to the atoll of Huvadhu. This row had only been accomplished once in the past, by Guin who did it in a single shell. Our row started close to four am, as neither the crossing's success, nor its duration could be

predicted given the variables of weather and water. It was windy and rough on the Laccadive Sea that morning. Many of the rowing cycles were shortened to relieve the bouncing hard-working rowers. After twelve hours, we approached the southern end of the Huvadhu island chain and threaded our way to the spectacular shore, cautiously avoiding a maze of thick coral reef. After our zero degree crossing, we remained in the Huvadhu atoll, crossing within the circular island chain, rowing daily, but also enjoying snorkeling the fabulous reefs, swimming and beach walking.

The Maldivian press followed our progress, and local representatives from the islands' political centers mounted events and receptions on three occasions. The final Sunday row took us to the town of Thinadhoo, where a huge welcoming reception and dinner awaited.

After the success of this magnificent exploratory tour, everyone involved felt that rowing has a bright future in the Maldivian Islands, and that more trips will follow. Information about next year's adventure in the Maldives, as well as rows in other parts of the world, is available at <http://www.rowingtheworld.com>. Ruth Marr, the program director, has been invited to speak at the Dolphin Club this spring. Stay posted!



# Seeing We're Neighbors....

Larry Scroggins



Photo Sunny McKee

At 5:30 am on New Year's Day in San Francisco, the traffic is sparse and the walk through Aquatic Park is dark and quiet. Shattered bottles strewn in profusion testify to the revelry the night before, but no revelers are awake to provide any details. As if it were suffering a massive hangover, the City seems almost comatose. Opening the door to the Dolphin Club, the contrast is stark and startling. Lights are blazing from every fixture and the hubbub and press of over a hundred milling bodies gives the feeling of having popped through Alice's looking glass. The crowd has assembled for the yearly swim on January 1st from Alcatraz Island to Aquatic Park and the atmosphere crackles with excitement, fear and anticipation.

The South End Rowing Club manages the NYD Alcatraz swim. This year, the South End planners have segregated the registration. Dolphins register at the Dolphin Club and bare their right arms for the black magic marker that brands each swimmer with a consecutive number starting with "1". Check-in at the finish line

will also be segregated.

A freelance photographer, various large cameras slung about his neck, has tracked down Diane Walton on her last day as president of the Dolphin Club. Reuters news service dispatched him to get pictures of the swim, and Diane asks me to provide guide service. The separate check-ins naturally cause us to congregate apart until it's time to go next door for the swim briefing at 6:30am. As Dolphins begin trooping to the other club for the briefing, word filters back that their door is locked and untended. This gives me a chance to show our guest a walkway between the two clubs that winds up narrow stairs to a passageway overlooking the three handball courts. On the South End side, we descend an even narrower and steeper staircase evoking comparison to the Winchester Mystery House.

The South End swim director begins the briefing instructing forty-nine Dolphins to board the *Lovely Martha* and forty-nine South Enders to board the *Silver Fox*, both docked along Jefferson Street in Fisherman's Wharf. The dozen or so remaining

swimmers will catch a ride in one of the motorized inflatable craft. Then he turns the briefing over to Gary Emich for course information. Gary has personally logged over 1,000 swims to and from Alcatraz and operates a commercial piloting service for private swims. He speaks with great authority and says that although high winds had forced a cancellation of the test swim the previous day, his experience in similar conditions indicates the ebb tide will kick in about halfway across the channel. He recommends that the fastest swimmers aim for the sailing ship *Balclutha* and that "mere mortals" aim farther east for the Jeremiah O'Brien and the "creakers." The basic principle is to avoid being caught west of the opening and having to fight a building ebb to get to shore. Because this day coincides with a massive king tide, the currents at their maximum will stymie even the most powerful swimmers.

Before *Lovely Martha* leaves the dock, Dolphin swim commissioner John Nogue begins a roll call. Although rare, it happens - glass, familial entreaties, or just a general



change of heart can bring someone to their senses and a u-turn. If the individual, through embarrassment or laxity, fails to notify one of the event authorities, pandemonium will eventually erupt when it appears that a swimmer has gone missing in the Bay. By the time all Dolphins have answered to their name, the South Enders in the neighboring boat are in full snort. In parody, their swim leader shouts out, "Roll Call! .... Is everybody here?" Upon receiving the cackling responses of "present", "here", and "sober" he hollers, "Is anybody not here?" No response. He then merrily announces, "Then let's swim!"

As we pass by the end of the breakwater protecting the boats docked at Fisherman's Wharf, I explain why this location is named "creakers." In the years before the concrete breakwater was installed, a string of floating tires provided partial protection from the storm surge capable of wrecking the fishing fleet. These tires were anchored on the east end by three long creosote-soaked posts sunk deep into the bay ooze. Once the permanent structure was completed, these posts remained for several years, loosening in the incessant waves and making an eerie creaking noise. The name survives long after their removal.

As we motor into the San Francisco Bay, the ripping flood tide collides with the opposing wind, spawning a confused and lumpy sea.

Beautiful but daunting. Swimmers are going to be swallowing some saltwater today.

The two boats coast to a stop on the southeast end of the island within a stone's throw of the sign warning of dire consequences for aiding escaped prisoners. While the Dolphin Club will alter the start from east to west ends of the island depending on tidal conditions, this sign designates the invariable launching point for South End Alcatraz swims. Within a few minutes we hear the call "10 minutes" float across from the *Silver Fox*. I strip down to my swimsuit and goggles, and stuff my clothes into a plastic bag. I know from experience that the start often goes unannounced and want to be ready to slip over the side as soon as I see the first South Enders splash down.

The day before, the South End lead pilot published a Fleet Utilization Plan directing the Dolphin pilot craft to take up the west flank of the swim and remain on the southwest end of the island until the start. Since the Dolphins supply 38 pilot craft compared to 17 from the South End, the usual flotilla doesn't surround the two swim boats before the start. This is a bit of a blessing in that I can jump from the wooden rub rail without fear of colliding with some watercraft. As a swimmer whose speed ranks as "mere mortal", my strategy for these crosscurrent swims is to sight on the Golden Gate Bridge. Breathing on the right side and keeping my

course parallel to the bridge ensures that I am swimming perpendicular to the current regardless whether it's flooding or ebbing.

The crosscurrent swim of greatest renown is the English Channel. Distinguished Channel Swimming and Pilot Federation pilot, Mike Oram, has published several analyses of Channel tides and piloting strategies and they mostly boil down to the notion of "T-ing the tide." The quicker a swimmer can get across the adverse current and get some assistance from the ebb, the faster the crossing time. Trying to swim against the current just wastes energy and time.

As intellectually and mathematically satisfying as this strategy might be, a swimmer needs great discipline to maintain execution when the island starts sliding rapidly away on the right, the Golden Gate Bridge keeps shrinking, and even the *Jeremiah O'Brien* fades into the distance. Immediately, the flood begins scattering swimmers across the bay with the slower ones being swept toward Treasure Island. Pilot coverage is exceptionally sparse during this period for a couple of reasons. Firstly, two-thirds of the pilots had started from the west side of the island as instructed, and were fighting the northeast wind to reach the rapidly dispersing pod being forced east. Secondly, the swim plan made no provision for retrieving the numerous plastic bags full of clothes when the

Photo Colin Gift



*Silver Fox, reserved for South Enders*

water taxis return to dock. This means that all the motorized inflatable pilot craft from both clubs are crammed to the gunwales with garments and incapable of rescuing swimmers until they have made the 30-minute round trip to drop their bundles and return to the scene of the swim.

Three-quarters of the way across my discipline deserts me. Despairing of seeing the *Jeremiah O'Brien* continually recede, I begin crabbing against the tide. Like a dehydrated man chasing a mirage, I claw my way toward a diminishing objective. Eventually reason reasserts itself and I realize I just have to take my medicine and swim directly to shore until I eventually find the ebb current. A hundred and fifty yards from Pier 39, I look up to see Forbes Island far to my right and gliding yet farther away. Choking down a moment of panic, I determine to keep going due south until I find the ebb or find a ladder along the shoreline. If all else fails I can swim around the breakwater west of Pier 39, pull myself onto the dock, and walk back to the club in my skivvies. In a "darkest hour

### *And the slowest swimmers have been carried as far as Pier 35*

before the dawn" moment though, I shortly find myself crashing through the flotsam that delineates the crease between two converging currents. I have finally found the ebb. And it is strong. 6.8 feet of water has to get through the narrow opening at the Golden Gate Bridge by 3 pm and I am now swimming in water in a hurry to get a head start.

I am not alone in catching the ebb far, far east of the Aquatic Park opening. Even the fastest swimmers of both clubs have been swept east of the creakers before finding the favorable current. And the slowest swimmers have been carried as far as Pier 35.

The inflatables are now busily at



Photo Sunny McKee

*The notorious Creakers on the long way home from Alcatraz*

work, fishing tired swimmers out of the water and ferrying them back to the clubhouses. In all, 15 swimmers (7 Dolphins and 8 South Enders) choose to retire early--an exceptionally high number even for a tough swim like NYD Alcatraz. A South End inflatable picks up a Dolphin husband and wife pair near the east end of the Pier 39 seawall. As usual, the communication frequency chosen for a South End swim is channel 69 and the pilot radios his status. Asked what numbers the swimmers wear, he says he doesn't see any markings on the left shoulders. Instruction come crackling back over the radio to check the right shoulders. Upon finding that the boat is carrying Dolphins, the lead pilot issues guidance to South End pilots to no longer rescue Dolphins. "They can take care of themselves." Upon reaching the creakers, the husband and wife ask to be dropped off so that they can finish swimming to the beach. The pilot sniffs, "I'm not dropping you fools off here. I'd just have to pick you up again." He carts them the rest of the way to the dock.

Upon catching the ebb, a back eddy ushers me slightly inshore so that I cruise first by the *Pampanito* and then the *Jeremiah O'Brien* at Pier 45. Cutting inside the breakwater at Fisherman's Wharf, the building ebb quickly propels me west where

I thread between the Hercules and the *Eureka*; under Hyde Street pier; behind the *Eppleton Hall* and stroke for home feeling equal parts relieved and elated. My crossing has taken 1 hour and 11 minutes compared to my previous high mark of 55 minutes. Without question, this was one tough swim.

The swim trinket is a towel emblazoned with the South End logo along with the date and name of the event. Unlike previous NYD swims, no mention of the Dolphin Club appears. Not enough towels are available for all swimmers so the South Enders enjoy first dibs with a promise that Dolphins will receive theirs when the reorder arrives.

Every NYD Alcatraz swim spawns its share of stories. It is a cold, difficult, unpredictable swim and swimmers and planners must deal with whatever Mother Nature decides to dispense on the given day. However, more than one Dolphin has heard to ponder in the days to come, "Hmmm. Separate registration, separate water taxis, separate fleet plan, separate start, separate rescue craft, separate check-in, separate trinkets, no mention of Dolphin Club. What is it that makes this a joint swim?"

Follow Larry at <http://dolphinsclubchronicles.blogspot.com>



# Life Members 2014

*photos by Colin Gift*

Life Members with 50 or more years of membership



Top Row: Brian Gilbert, Tom Gould, Pete Bianucci, Gerry Cullen  
Bottom Row: Bob Demo, Walt Schneebeil, Dino Landucci, Jr. , James Vanya, Rudy deMay, Gus Gelordi





# On the way in 40 plus doubles to the Head Of The Charles

By Joe Abrams



photo Chris Grunder

*JA and TL glide through the cold morning fog.*

Tom Loughlin (bow) and I (stroke) were one of two Masters doubles representing the Dolphin Club at the 50th Annual Head of the Charles (HOCR) this past October. We competed in the Men's Masters Double category (ages 40-49) which turned out to be a highly competitive field of 15 boats which made accomplishing our goal all the more satisfying. Having only started training seriously together in a double for four months, after years of rowing competitively mainly in singles, our main objective was to row within five percent of the winning time to automatically qualify for the following year's race, since with a whole year to train we stand a good chance of winning it all in 2015. But first things first.

This past year's race in Boston was more challenging than many previous ones. The field was filled with serious competitors, many with US National team on their resumes, and many of whom had been auto-qualifying for this annual event for years because of their speed and determination. We knew from looking at past regatta results that our simulated three-mile race times (the approximate length of the Head of the Charles race) during

training sessions over the past month put us within reach of a medal – assuming we could accomplish on race day what we'd trained long and hard to do six days a week every week for months at Lake Merced.

In addition to the stiff competition, strong winds had been predicted, and this time the weather forecasters got it right. There were 20 mph gusting, cross-headwinds at the start of the race that would get stronger by the quarter-race checkpoint before subsiding a bit for the second half.

Cross-headwinds make steering a windy course challenging in a blind boat such as the double, where the bowman has to turn his head to avoid a bridge abutment or another slower boat up ahead.

On this day, the winds would ultimately prevent us from reaching our target stroke rate of 32 strokes per minute (spm) with a sprint at the end to over 38 spm. So, prior to the race, Tom suggested we shorten our oars a little (just 5 mm.) to lighten the load a bit and enable us to row more comfortably at 30 spm. This would allow us to get as much pull out of every stroke as possible given the higher resistance without tiring us out prematurely. It turned out to be a

smart move.

We started twelfth out of 15 boats – an allegedly arbitrary starting position based on a lottery system. Every year, West Coast crews wonder if there's some East Coast conspiracy on the part of the race organizers based on whom they let into the race and where they start you. The choice spots are at the front where there will be fewer other slower boats to navigate around and potentially slow you down. In keeping with the conspiracy theory, there were two other California crews directly after us at the back of the pack. In thirteenth position was the solid Los Gatos RC crew that we'd beaten in our only previous Bay Area competition the preceding month, and in fourteenth position was a crew consisting of 2 former US National team lightweight brothers who traditionally row the course well. At the starting line, we all joked that we would be having our own private "California Cup" within the race.

Despite the difficult logistics of managing a huge number of back-to-back races – each with 15 or more competitors per race, the starting officials were on the ball and our race began without a hitch.

Tom and I got off to a blazing



start, and within 20 strokes we were already coming up on a much slower crew from Montreal, Canada. Then, that thing you dread happening at the Head of the Charles happened. We clashed oars right under the first bridge (the Boston University Boat-house bridge) where there was little room for either boat to steer out of harm's way. Since Montreal had been unwilling or unable to give us the inside line (the right of way for the faster boat) despite Tom shouting multiple times to "Give way!" we were forced to momentarily stop rowing to disengage our oars. By the time we

side Boathouse, meant that our time to that point was only the eighth fastest. When the gusts hit, according to our Strokecoaches (wireless electronic devices monitoring boat speed and stroke rate), our stroke rate had dipped down as low as a 26 spm. This directly correlated to our boat speed temporarily dipping. This was a cause for concern, because the energy required to "pick the boat back up" and accelerate it back to race pace is much more arduous than simply maintaining race pace constantly. Tom and I knew that the key to going fast would be to find a strong, consis-

checkpoint gusts.

Past the worst, Tom and I had regrouped and settled into a great groove. We raced the balance of the race at a very fast pace – a pace second only to the winning crew. Once we got to the last checkpoint, the Eliot Bridge by the Cambridge Boat Club (who sponsor the race), we sprinted to the finish line at a respectable 36/37 spm - with a speed/pace that was comparable to the winning team.

Overall, we had finished within 1.87% of the winning time – a very respectable performance despite our 10-second boat stoppage and other



photo Chris Grunder

*Joe (stroke) and Tom (bow) practicing at Lake Merced*

could get revved up again, we figured we'd lost about ten seconds. We were angry. But you go into the HOCR knowing that this scenario can happen and you train hard to get to a tough mental state that allows you to quickly put such frustrations behind you and attack the remainder of the race without compromise.

The stoppage coupled with strong gusts and wind-blown waves, which came up as we were passing through the quarter-way checkpoint at River-

side Boathouse, meant that our time to that point was only the eighth fastest. When the gusts hit, according to our Strokecoaches (wireless electronic devices monitoring boat speed and stroke rate), our stroke rate had dipped down as low as a 26 spm. This directly correlated to our boat speed temporarily dipping. This was a cause for concern, because the energy required to "pick the boat back up" and accelerate it back to race pace is much more arduous than simply maintaining race pace constantly. Tom and I knew that the key to going fast would be to find a strong, consistent cadence and speed that we could hold for the body of the race until the final sprint, and these gusts weren't helping. Since we figured everyone was equally affected, we had no time to ruminate and instead pushed ahead - eventually regaining our desired pace and moving well. Interestingly, after the race we reviewed the race times for all boats, and it appeared that the first six or seven boats to start the race ahead of us had gotten lucky and not encountered the same Riverside

weather-related delays. The good news is that had we not been obstructed, we would have probably medaled. The other good news is that next year we will start in the fifth position off the starting line (as opposed to twelfth) and have an easier time getting down the course without interference. Tom already has a workout in mind for 2015, so we're excited to see how much faster we can go together.



## 1st Annual McCovey Cove Regatta



Regattas on the bay are an important part of the Dolphin Club's history. In recent years, however, the club has been a participant, never a host. This year, on March 14, thanks to Racheal Perry, all that changed.

For the first edition, participation was limited to Dolphin and South End Clubs rowing a full range of craft, from wooden "Whitehall" singles, to sleek racing shells and, of course, the historic six-oared racing barges. Fresh off her victory at the Head-of-the-Charles regatta, Racheal volunteered to organize the event. She selected a course simple yet challenging; a 14 km (8.6 mile) row along the city-front from Aquatic Park to McCovey Cove alongside the baseball park and back. To make things "interesting" the race would start into a strong and growing ebb current. That's a long race, almost three times longer than the DC/SE Triathlon course, and a real test. A second, "short-course" looped out to the Bravo-tower of the Bay Bridge and back home.

Mid-March is a risky time to schedule a rowing regatta... the weather conditions can turn ugly. But the weather gods were smiling as rowers and volunteers arrived before dawn to find the flags hanging limp and stars in the sky. The boats, lined up like jets at a busy airport, launched out into the pre-dawn dark. The plan was to start the event with the two

barges at 7am, but the sunrise and the South End boat were a few minutes late. Eventually, both arrived and a horn-blast signaled the start of our new regatta. Five minutes later the shells got their start, and after them, a good-sized gaggle of wooden singles and doubles.

The rowing was everything you expect from a row in S.F. Bay--and less. One expects fog, wind and cold, but we had a warm, sunny day without a breath of wind. The only breeze the racers felt was a blast of air as the double shell manned by Will Miller and Andrew Liverman flew by, returning to the cove while the rest of us were still headed out. Will and Andrew had left the start like a missile, passed the two barges, and returned to the dock while the volunteers were still enjoying coffee. They rowed without direct competition in their class, but clearly didn't take it easy.

A mix-up in the placement of the turn buoy meant that the long course was about 1.5 miles shorter than planned, just a "longish course." As I rowed the final stretch to the finish I was not thinking, "gosh, I wish I could go another ten minutes," so perhaps it was all for the best. We had enough course to sort out the winners.

Among the highlights: In the barge race, the women of the Wieland kept to their winning ways against a South End crew that observers suspect may

have contained a few men (the beards were a clue). In the single shells, Racheal Perry, having organized the event, went on to win it (!) followed by Dolphin Tom Roseberry and the South End's Diane Davis in third. Despite a lack of direct competitors Quincy Darbyshire rowed a fine race in the single Viking, as did Mary Magocsy and Liz Kantor in the double Viking.

On the shorter course, Chris Tschinkel and Wyatt Nordstrom took first place in wooden doubles in front of Rachael Jackson and Eva Palacios of South End. And in the singles, Mike Kayton edged Todd Bloch.

While the rowers were racing, John Horner and a crew of Dolphin cooks were at work on a bountiful breakfast, including a great mound of bacon, which did much to replace the calories burned on the water. First and second place finishers received a "commemorative" baseball, symbolic of the cove that we (almost) reached.

The Dolphin Club is back to hosting rowing events, and we did it "Dolphin Style" with an event that was challenging, but fun and fabulously supported by volunteers at the club and on the water. We hope to expand the event to include rowers from other clubs and establish the McCovey Cove race as a high point in our rowing program.

*Jay Adams*



*Newest Swim Commissioner and reporter, Joe Marenda*

Since the last Dolphin Log, we have had the Thanksgiving Day Cove and Alcatraz swims, the New Year's Day Qualifier, New Year's Day Alcatraz, New Year's Day Cove, Pier 41, the 24-Hour relay, and the Crazy Cove. And this is the quiet time of year! (Take a look at the swim schedule starting with Gas House Cove on March 21. Seven swims take place between March 21 and June 21.)

The Thanksgiving Day Cove was followed by the traditional BYOB (bring-your-own-birds) Thanksgiving Day lunch. Ken Coren and John Nestor continued their tradition of bringing the birds.

The New Year's Day Qualifier was also the start of the Polar Bear. Both had the warmest water in recent memory. The Qualifier was a pleasant swim, except for all of the debris in the water from the big storm. Twice swimmers could have crawled over the

debris fields, but most chose to swim through them—heads held high.

New Year's Day Alcatraz was the big swim of the last few months. Or, was it three swims in one? Alcatraz + Pier 39 + Pier 41. For those logging Polar Bear miles, they got their money's worth. A jump on the southwest side of Alcatraz in a powerful flood took swimmers deep into the Bay (hello Bay Bridge). The ebb was later than expected and weaker. For many swimmers, only after they got to the southern shore, or into the cove, did they find any ebb relief. Too little, too late for many.

During the winter, we had only one out of cove swim. Joe Marenda swam the Waikiki Double Roughwater in December. For those seeking warm water and turtles, the Double Roughwater is a fun 10k swim, held for over 30 years. The swim isn't marketed, and it's mostly locals, so it

rarely has more than 100 swimmers. The course is from one tip of Waikiki to the other tip, and then back. The actual course and time varies from year to year due to the shifting sand bars and reefs. Schools of tropical fish are assured, and in some years the dolphins (the kind with fins) cruise by for a closer look at the awkward bipeds. Second place went to an Australian in his 50s, and first was a woman who has her eyes on open water swimming in the next Olympics. The rest of us just enjoyed the 70 degree water. Mainlanders are most welcome, so keep this swim in your sights for December 2015.

On the administrative front, the swim schedule is now on the website. The website is now your definitive source for details on upcoming events, including any last minute time changes.

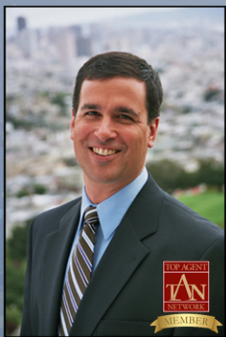
After an exhaustive review of insurance options for our swims, the Board chose to continue requiring US Masters Swimming membership for anyone swimming in any Club swim. This applies to in-cove events too, a major change from prior years. USMS was the most cost effective solution and offered better insurance than other options. USMS offers accident coverage that includes all participants and helpers, even if helpers are not USMS members. USMS also provides a broad range of liability coverages for the Club.

*Joe Marenda  
John Nogue  
Brendan Crow*

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## DOLPHIN LOG SWIM STATISTICS

### New Year's Day Alcatraz Swim JANUARY 1, 2015

Place	Name	Time
1	Adam Eilath	36:28
2	Suzanne Heim	37:20
3	Blake Lewkowitz	37:40
4	Brendan Crow	40:33
5	Noah Zovickian	43:26
6	Nicholas Egan	43:47
7	Laura Zovickian	46:45
8	Patrick Dinan	48:17
9	Michael T-Hahn	50:55
10	Peter Bartu	51:07
11	Ross Browne	51:14
12	Lisa Newman-Wise	52:11
13	Stephen Schatz	52:28
14	Joe Marena	52:52
15	Ashley Horne	56:18
16	Tom Neill	58:05
17	Laura Vartain Horn	58:08
18	Charlie Cross	1:00:25
19	Patrick Horn	1:00:56
20	Jon Nakamura	1:01:17
21	John Nogue	1:02:45
22	Paul Vanhoven	1:03:25
23	Robert Cable	1:03:25
24	Duke Dahlin	1:04:26
25	Mickey Lavelle	1:04:45
26	Peter Hollingsworth	1:05:06
27	Gina Rus	1:05:27
28	John Trout	1:06:45
29	Larry Scroggins	1:08:03
30	Rick Avery	1:08:55
31	Sean Lavelle	1:10:26
32	Victor Critchfield	1:10:43
33	Nancy Lange	1:12:02
34	Mike Mitchell	1:16:12
35	Renee Kaufman	1:16:17
36	Ken Coren	1:16:22
37	Byron Harbour	1:16:25
38	Anita Holmquist	1:16:40

39	Sam Vilain	1:17:48
40	Jacqueline McEvoy	1:20:10
41	Kathleen Duffy	1:20:27
42	Andy Stone	1:21:04
43	Peter Cullinan	1:22:04
44	Joseph Omran	1:22:23
45	Holly Reed	1:23:21
46	Aaron Rosenthal	1:24:10
47	William Burke	1:25:24
48	Ron Russ	1:26:59
49	Pete Neubauer	1:31:16
50	Eileen Buckley	1:35:20
51	Michael Connolly	1:36:36
52	John Ingle	1:39:02
53	Brett Walker	1:40:17
	Mark McKee	dnf
	Sunny McKee	dnf
	John Ottersberg	dnf
	Phillip Rollins	dnf
	Julian Sapirstein	dnf
	Beth Stein	dnf

**Pilots:** Jean Allan, Susan J Allen, Marcus Auerbuch, Eduardo Barranco, Natazha Bernie, Jon Bielinski, John Blackman, Barbara Byrnes, Barry Christian, Jay Dean, Marianne Dean. James Dilworth, Gary Ehrsam, William Frey, Stuart Gannes, Colin Gift, Deirdre Golani, Jon Grunstad, Donald Harrison, Terry Horn, Davis Ja, Douglas James, Brian Kiernan, Robert Mackey, Mary Magocsy, Meredith May, Tom McCall, David Nettell, Will Powning, Lance Starin, Nobu Takahashi, Omer Thompson, Monica Towers, Diane Walton, Jan Weidner, Connie Wellen, Ben Zovickian, David Zovickian **Helpers:** Lisa Adrian, Mary Barnes, Andrew Cassidy, Michelle Cherrick, Adam Eilath, Susan Garfield, Ruben Hechanova, Tom Hunt, Wendy

Katzman, Joe Marena, Pete Neubauer, John Nogue, Daragh Powers, Polly Rose, Aaron Rosenthal, Anne Sasaki, Elizabeth Tippin **Special Helper:** Kennedy Williams

### New Year's Day Cove Swim JANUARY 1, 2015

New Year's Day Cove swim was divided into 3 swims: **A:** To the Flag buoy and back, .5 mile **B:** Once around the Cove, 1.0 miles **C:** Once around the Cove, to the opening and back, 1.5 miles

Place	Name	Group	Time
1	Joe Ferrero	A	18:06
2	Cynthia Barnard	A	18:29
3	Era Osibe	A	18:53
4	Pavla Podolska	A	32:00
1	Morgan Kulla	B	30:24
2	Joni Beemsterboer	B	30:59
3	Kate Coleman	B	34:06
4	Kathryn Werhane	B	41:20
5	Wendy Katzman	B	41:27
6	Michael Barber	B	43:37
7	Robin Rome	B	43:49
8	Arnie Thompson	B	50:01
1	James Fahlbusch	C	42:55
2	Katie Harrington	C	43:27
3	Danny De Leon	C	44:50
4	David Bennett	C	47:54
5	Byron Harbour	C	1:04:35

**Pilots:** Tom McCall, David Nettell

**Helpers:** Michael Barber, David Bennett, Brendan Crow, Wendy Katzman, Lisa Newman-Wise, Kirsten Steck **Non-member Helper:** Cheryl Newman

### Pier 41 Swim JANUARY 11, 2015

Place	Name	Time
1	Nicholas Egan	18:29
2	Noah Zovickian	18:59
3	Lisa Newman-Wise	19:27
4	Jeff Pargin	19:33
5	John Ottersberg	19:47
6	Stephen Schatz	20:06

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# DOLPHIN LOG SWIM STATISTICS

7	Joe Marena	20:55	50	Gregory Hicks	34:23
8	Laura Zovickian	21:34	51	Will Powning	34:57
9	Randy Edwards	22:06	52	Joe Gannon	35:43
10	Tom Neill	22:46	53	Joe Illick	36:23
11	Paul Vanhoven	22:53	54	Arnie Thompson	37:21
12	Peter Bartu	23:01	55	John Ingle	40:12
13	Robert Cable	23:14	<b>Pilots:</b> Jay Adams, Susan J Allen,		
14	Julian Sapirstein	23:20	Marcus Auerbuch, Eduardo Barranco,		
15	Jason Prodoehl	23:30	Jon Bielinski, John Blackman, Todd		
16	Ashley Horne	23:31	Bloch, Brendan Crow, Paul DuBois,		
17	Patrick Horn	23:33	J.D. Durst, Cory Emerson, Pauline		
18	Clinton Hendler	23:48	Farmer-Koppenol, Susanne Friedrich,		
19	Beth Stein	23:49	Brad Gambrell, Donald Harrison,		
20	Duke Dahlin	24:26	Reuben Hechanova, Terry Horn, Nancy		
21	John Stassen	24:34	Hornor, Lindsey Hoshaw, Keith Howell,		
22	Morgan Kulla	24:46	Davis Ja, Liz Kantor, Melissa King,		
22	Nancy Lange	24:46	Tom McCall, Flicka McGurrin, Miguel		
24	Charlie Cross	25:33	Melendez, Andrea Morgan, Kent Myers,		
25	Larry Scroggins	26:35	David Nettell, Chris Tschinkel, Megan		
26	Joni Beemsterboer	26:57	Wachs, David Zovickian <b>Helpers:</b>		
27	Joseph Spallone	26:58	Michael Barber, William Burke, Andrew		
28	Rick Avery	26:59	Cassidy, Kimberley Chambers, Cynthia		
29	Mark Gustin	27:02	Colebrook, Isabel Friedman, Susan		
30	Peter Cullinan	27:30	Garfield, Brian Gilbert, Byron Harbour,		
31	Kate Coleman	27:42	Richard Haymes, Clinton Hendler,		
32	Ron Russ	28:18	Gregory Hicks, Nancy Hornor, Tom		
33	Douglas James	28:28	Hunt, organ Kulla, Mickey Lavelle,		
34	Neal Powers	28:51	Jacqueline McEvoy, Hal Offen,		
35	Dean Badessa	28:58	Neal Powers, Daragh Powers, Jason		
36	Sam Vilain	29:28	Prodoehl, Robin Rome, Polly Rose,		
37	Tyler Burton	29:50	Aaron Rosenthal, Stephen Schatz,		
38	William Burke	30:22	Sibylle Scholz, Eric Shupert, Andy		
39	John Hornor	30:40	Stone, Chet Thornton, Rory Tuttle,		
40	Kathleen Duffy	30:44	Karen Vandergrift, Laura Vartain Horn,		
41	Hal Offen	31:08	Kate Webber, Janice Wood <b>Special</b>		
42	Renee Kaufman	31:56	<b>Helper:</b> Ben Zovickian <b>Test Swimmers</b>		
43	Byron Harbour	32:21	<b>and Pilots:</b> Peter Cullinan, Danny De		
44	James Robinson	32:49	Leon, Cory Emerson, Lolly Lewis, John		
45	Mickey Lavelle	33:13	Nogue, Hal Offen, Joseph Spallone, John		
46	Andy Stone	33:14	Blackman, Laura Croome, Jay Dean,		
47	Kathryn Werhane	33:33	Douglas James, Liz Kantor, Joe Marena,		
48	Robin Rome	33:50	Tom McCall, David Nettell, Diane		
49	Jane Mermelstein	34:14	Walton, Janine Watson		

## Dick Beeler Crazy Swim FEBRUARY 22, 2015

Place	Name	Time
1	Jim Ebert	19:35
2	Kala S.-Presser	19:43
3	Ashley Horne	21:24
4	David Bennett	21:27
5	Peter Prato	21:40
6	Robert Cable	21:57
7	Suzanne Heim	22:39
8	Phillip Rollins	24:46
9	Terry Horn	25:42
10	Joseph Spallone	27:05
11	Peter Cullinan	27:13
12	Suzie Dods	28:04
13	Erica Pitsch	28:52
14	Cory Sturtevant	29:19
15	Nancy Hornor	29:38
16	Douglas James	30:12
17	John Hornor	30:29
18	Hal Offen	32:59
19	John Henderson	34:20
20	Kathryn Werhane	35:36
21	Michael Barber	35:41
22	Byron Harbour	36:03
23	Kent Myers	37:07

**Pilots:** Anne Barbaret, Jon Bielinski, Susanne Friedrich, John Ingle, Jenny Kalaypongvanich, Brian Kiernan, Nancy Lange, Robert Mackey, Anne Sasaki, Vicki Smith, Paul Vanhoven, Sam Vilain, Terry Whalen **Helpers:** David Bennett, Andrew Braithwaite, Peter Cullinan, Kathleen Duffy, Nancy Friedman, Susan Garfield, Jon Grunstad, Suzanne Heim-Bowen, Libbie Horn, Ashley Horne, John Hornor, Nancy Hornor, Renee Kaufman, Morgan Kulla, Mickey Lavelle, Lorna Newlin, John Nogue, Hal Offen, Jeff Peargin, Roxy Phifer, Daragh Powers, Neal Powers, Peter Prato, Phillip Rollins, Polly Rose, Sibylle Scholz **Additional helper:** Dao Howell

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# *Squaring the Circle Finding Comfort in the Squares*

Aaron Rosenthal

Polar bears call them squares  
And it's true they have right angles.  
But no matter the tides,  
If you measure the sides  
They really are rectangles

-Joe Illick

**B**ack in 2004, I became friends with Jeff Garfield, the husband of venerable Dolphin Sue Garfield. Jeff told me about her exploits as a cold-water swimmer, particularly her outings with some esoteric sounding Polar Bear Club. I thought the “club” was a bunch of nutty folks who met on winter mornings to jump in the bay.

Here I am some 11 years later, and I am immersed in the Polar Bear Challenge, something that happens each winter at the Dolphin Club. The official measure of the Polar Bear is marking those tiny squares--160 gets you to 40 miles, the arbitrary institutionalized and hallowed. Sue has completed 32 Polar Bears and must have filled in more than 6,000 of them. Asked what filling in her squares means, Sue replies, “When I fill in those squares I feel like I am doing something that most people would never do.”

Sue’s word choice is interesting. It’s not simply that most people will never swim in the bay, as if opportunity is all they need, it’s that most people would never consider it. Just as many people will never vacation in Paris, but most people would never eat a cockroach. So why is winter swimming so central to Dolphin culture? And what do we get out of it? I set out to understand a bit more by looking at my own motivations and asking about 20 other Dolphins about theirs.

One common theme is competition of various kinds. There are the annual competitions of First to 40 and Most Overall Miles. Rick Avery claimed both of those titles in 2005-06, when he reached 40 miles in just over 10 days, then went on to log 152 for the season. However, Rick says, “I don’t feel any competition if I’m not aiming for those specific goals.” That sets Rick apart among my small

sample. Friendly competition is an annual rite for many Polar Bears. Joe Marenda revealed that each season he chooses a secret competitor, someone he believes will push him, and makes a goal of finishing with more miles than that person. True to his word, Joe did not reveal the bunny he is chasing this year. After the Polar Bear, Joe lets his “opponent” in on the secret and takes them out to dinner to thank him or her for the motivation.

Then there’s the less clandestine approach. Jacqueline McEvoy, currently pursuing her fifth Polar Bear, enjoys “checking my progress against my friends and others.” Tracking mileage compared to friends, and using that as motivation to swim more or finish sooner, is a very common theme. Hal Offen’s preferred form of competition is with himself, “Some years it’s to finish quicker than ever, some years it’s to top my personal high (102 miles).” Sue Garfield echoes that approach, saying she only feels competitive, “against what I have done in past years.”

In poking at my own thoughts, I found another kind of competition, which is a mostly silent one with the wide world of non-Dolphins. I enjoy knowing that I am doing something that most people would never do. And while I don’t go around wedging it into conversations, at least I don’t think I do, my ego wants other people to know. At work or with other parents from my son’s school, am I hoping someone will ask. Do I want them to ask because talking to people about my swimming is a significant way to enhance that relationship? Or do I just want people to be impressed? Can I ever really even tell the difference? I mentioned this to my friend and fellow Dolphin, Alexander Germanacos, who is pursuing an MFT in clinical psychology. He immediately quoted

the great Sufi teacher Idries Shah – “For people, attention is like oxygen. So when one says that someone just wants attention, it’s like saying someone just wants oxygen.” Could it be that publicly tracking those squares helps to satisfy a craving for attention or recognition?

The recent story of Pavla Podolska is revealing here. Pavla, one of the first women to become a Dolphin nearly 40 years ago, cut her foot during the swim that would give her 40 miles for the year. Determined to make the goal, Pavla finished the swim, while losing a good deal of blood. So much blood that an emergency call was placed and Pavla was treated on-site by firefighters.

Jacqueline McEvoy, who was with Pavla, went to fetch her friend a glass of water. On her return she was amazed to find Pavla hobbling over to fill in the final squares for 40 miles. Even the firefighters were duly impressed.

The thing is, Pavla had already swum her 40th mile. The real act of tenacity was swimming in salt water with a bleeding foot. Putting the marks on the wall only made it public, known to the community. And yet everyone understood why Pavla hobbled over and marked those squares. I know I do.

So would we really swim as much in the winter without the charts there greeting us and wishing us farewell as we exit the door? Nearly everyone I spoke to said, “Yes, I would.” Without the squares to nudge him, Hal Offen speculates that he would “not be as driven,” and Rick Avery thinks he would “not be as consistent.”

Joe Illick, with 18 Polar Bears to his credit, swims more miles in winter than other seasons simply for the challenge. He admits that filling



Then there is Pete Neubauer. Like Sue, he has also completed 32 Polar Bears. It's entirely possible that Pete has checked more than 10,000 life-time squares. He appreciates filling in each one and still finds the act rewarding. Then, with a couple of additional thoughts, Pete seemed to sum up much of what I've been wrestling with about Polar Bear season. For him, filling in squares, "allows me to track my swim mileage and see where others are on the chart. However, even without the charting, I'd still swim all winter for the camaraderie, enjoyment, and

## *The “Watered Down” Polar Bear*

miserable.” And mega-veteran Sue Garfield exclaims, “There are no cheap Polar Bears!”

However, a majority of Dolphins I heard from feel the accomplishment is less significant this year. Pete Neubauer calls this winter “watered down.” Several folks, myself included, seem to almost miss temperatures in the 48-51 degree range. We enjoy the challenge and believe that the colder water sharpens our focus.

For me, stillness of mind is a goal for every swim, and the cold undoubtedly helps me concentrate on basic functions like breathing and digital sensation. For 45 minutes I know nothing other than what I am feeling. So I have this romantic notion that I miss the extremes of a typical winter. Yet if it's back down to 50 this time next year, I'll probably long for the return of the Barry Bonds era.

## Proving the flag was still there

San Francisco Aquatic Park 24 hr  
Swim Relay  
Proved through the night our  
flag is still there

It's 3 o'clock in the morning in early February, you're shivering with cold, tired, and all you want to do is climb into a warm and cosy bed. So what motivates you to once more climb into a clinging, wet swim suit and plunge back into the dark waters of Aquatic Park?

You are one of 50 odd souls, from all over America and as far afield as Asia and Europe, participating in the 2nd Annual 24-Hour San Francisco Aquatic Park Relay Swim, this year hosted by the Dolphin Club after last year's inaugural event was hosted by the South End neighbors.

The relay is the idea of Dolphin Club member and tireless event organizer Suzie Dods, who upon reading about fun relay events of old, wanted a return, nothing too serious or formal with a simple application process open to all and inexpensive.

“The idea of the event was to create a fun inclusive event, no prizes, no fund raising, just somewhere where swimmers of all backgrounds could come and participate. And have fun!”

The rules are simple, team size can vary but six is average, the order of swimmer along with distance or time spent swimming is flexible as long as each team has one member in the water at all times. There are no placings or awards, each team participating for the full 24 hours is the only goal. Swimmers can enter as teams or as individuals who are picked so that each team represents a range of abilities.

So on Saturday 7 February at 9.00 am with the water temperature a mild 57 degrees F, the swimmers of the first leg all lined up on the beach ready to set off to start the relay. The

first several hours progressed steadily, each member getting a chance to swim into what was turning into a beautiful day for swimming. The kitchen began churning out a never-ending supply of pasta and pizzas throughout the event. After the early start and with the sun fading behind the Bridge,

[illegible]

*Organizer Suzie Dods is easily identifiable in her fetching headgear.*

a few swimmers grabbed a chance to nap in chairs and sofas upstairs. As it turned midnight the tiredness and descending cold was taking its toll on the swimmers. Sleeping bags were filled and randomly scattered about the clubhouse, the stage became a makeshift sleeping platform affectionately christened 'the Nest,' the handball court was lined up with cots and more bags, swimmers trying to get an hour or two of sleep. Groups huddled together and shared life

stories over the ridiculously strong  
black coffee now being served.

I saw one team member walk back into the clubhouse, obviously in discomfort, and what after must have seemed to him the shortest hour of his life, and with only a quick refuel of coffee and a donut, volunteer again and shoulder more responsibility for carrying the team through the early hours.

This is what makes the drive of the swimmers at night even more remarkable, there are no prizes at stake, no rewards, no glory, just the satisfaction of taking part in an event, and challenging yourself physically and mentally.

As the sun rose, the numbers of swimmer and helpers gathered together rose too. Kayakers, lit up at night, continue to escort swimmers as they had done throughout the event, to help safely guide the way. At the end, one team all swam the last lap together and finished the event as one. As they exited the water together, their tired bodies suddenly had a spring in their step at the joy of completing the challenge, high fives and hugs were in abundance. Looking around at the scene as swimmers smiled and hugged each other, the sense of satisfaction was obvious. Swimmers of all ages and abilities had accepted the

challenge, and together as a team they had risen to it. Teams, who had been made up of strangers, had by the end of the event formed new friendships.

If the idea of the event was to create a fun inclusive event, where swimmers of all backgrounds could come and meet have fun, then everyone involved would agree it was a complete success

-Damian Westray



## Capacity

**C**apacity: The maximum amount that something can contain. That seems like a pretty clear definition, but how do we apply this to the capacity of the Dolphin Club? It appears that it means different things to each of us. My goal as President of the Club is to help figure out what this means, and what we need to do about it.

To give you a perspective on our fast paced growth, here are some statistics. In 2013 we had 191 new members join and in 2014 we had 276 join. That is a 45% increase and a monthly average of 16 and 23 in 2013 and 2014 respectively. In 2015, for January and February, we have had 51 new members join, which is more than we had for the same time period in 2013 & 2014 combined. In 2011 we had approximately 1,000 members. As of March 1, 2015 we have 1470, which represents an astounding 47% growth in just 4 years!

The big question is, how will we know when we've reached capacity? Some say we reached it when we passed 1000 members. Others say that we have not reached it yet. Is it unusual for a health club member to have to wait for a shower, or that there is standing room only in the sauna during peak times? Well, I guess our saunas are unique as most gyms don't have cold water to contend with. Do most clubs try to have permanent lockers for all members? Are you bumping into more people in the Cove when you swim (OK, let's not go there...). Are there times when a boat is not available to row? Are all the ergs used at any given time? Is the gym too crowded? Is our small club culture gone forever? Yikes, so much change and no

clear answers!

The good news is that we are on this! We have a Capacity Committee formed (Rick Avery, Ken Coren, Charlie Cross, Lolly Lewis, Jane Mermelstein, Lorna Newlin, Lisa Newman-Wise, Diane Walton and Darcy Wettersten) and already have several meetings under our belt. Here are some of the variables we are currently looking to tackle: What is



our total capacity number? Are we overdue to increase our dues? The last time dues were raised was about 15+ years ago and the average cost of living increase in the Bay Area has approximately 2.4% per year over the past decade. Do we need to expand (more square footage)? Should we increase our initiation fee and/or have separate locker fees? Do we need to stop allowing new members and have a wait list (our landlord Rec & Park may have final say on that)? What is our retention rate (how many of our new members are staying on after several years)? How many of our current

members use the club on a daily/weekly/monthly basis? (We are installing new door key fob software to track this.) Do we need to stop our outreach programs and close the door on public relations and discourage the media? Ouch, my head is spinning...

Dolphins, change can be challenging, but let's look at the positive. We have attracted world class athletes, younger members, a more diverse membership, and we have the DC/SERC Plaque back on our wall and it is not going to leave the club anytime soon. We will see more folks rowing, erging (with motivating music in the Boat house), full showers, standing room only sauna, longer locker wait lists, sold out events (dinners, special events, club swims). This Club is on fire (metaphorically)!

As we work through the challenges of this change, we should embrace this influx and be willing to share the incredible beauty of what we already experience at this unique San Francisco club. The fact that we are different from the vast variety of clubs (think small town personality) is what is attracting these new folks. But in order to maintain the spirit of a small town vs. a Big City mentality, we need to be more accepting of the growth. One needs to know people by their name and feel responsible for one another, and the Club, otherwise our life blood will diminish with each new member joining. An example of keeping our long tested culture, is how we carefully guard use of the Club, so that members are not restricted from access (i.e. our policy on parties). Moreover, we don't raise money by having non-members and outside groups use the facilities for a fee. Instead we show new members "How we do it here," welcome them and get to know them. Long live our small village!

*-President, Rick Avery*



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## 2015 DOLPHIN CLUB SWIM & EVENT SCHEDULE

Jan 1	Thu TBD	New Year's Day Alcatraz
Jan 1	Thu TBD	New Year's Day Cove Swim
Jan 11	Sun 8:00 am	*Pier 41
Feb 7,8	Sat/Sun 9:00	24 hour cove relay
Feb 15	Sun TBD	Old Timer's Lunch
Feb 22	Sun 9:00 am	Dick Beeler Crazy Cove
Mar 14	Sat 7:00 am	McCovey Cove Regatta
Mar 21	Sat 10:30 am	*Gas House Cove
Mar 21	Sat 11:00 pm	End of Polar Bear
Apr 11	Sat 8:30 am	*Pier 39
Apr 18	Sat 9:30 am	*Yacht Harbor
May 10	Sun 7:45 am	*Bay Bridge
May 16	Sat TBD	Rowers Dinner
May 31	Sun 8:45 am	*Crissy Field
Jun 1	Sun	100-Mile Swim Begins
Jun 14	Sun 8:15 am	*Fort Point
Jun 21	Sun 8:00 am	*SE/DC LGBT Pride Swim
Jul 11	Sat 6:00 pm	*Doc Howard Over 45 Gas House Cove
Jul 18	Sat TBD	*Trans Tahoe Relay
Jul 25	Sat 4:00 pm	Under 30 Cove Swim
Aug 1,2	Sat/Sun TBD	*Santa Cruz Pier Swim
Aug 15	Sat 10:30 am	*Coghlan Beach (fun swim)
Aug 23	Sun 7:25 am	Joe Bruno Golden Gate
Sep 12	Sat TBD	Lou Marcelli 12 hour cove relay
Sep 19	Sat 9:20 am	Alcatraz
Sep 26	Sat TBD	Dolphin/South End Triathlon
Oct 4	Sun 11:00am	Walt Schneebeli Over 60 Cove
Oct 17	Sat 8:10 am	Escape from Alcatraz Triathlon
Oct 31	Sat 11:00 pm	100-Mile Swim Ends
Nov 14	Sat TBD	Pilot Appreciation Dinner
Nov 26	Thur 9:00 am	Thanksgiving Day Cove
Nov 27	Fri	Grizzly Bear Challenge
Dec 20	Sun 9:00 am	New Year's Day Qualifier
Dec 21	Mon	Start of Polar Bear
Dec 21	Sun TBD	Polar Bear Swim Begins
Dec 31	Wed 11:59pm	Grizzly Bear Challenge Ends

### ROWING TRAINING

These Saturdays as 9:00 am

January 24, Saturday

February 21, Saturday

March 21, Saturday

April 18, Saturday

May 23, Saturday

June 20, Saturday

July 18, Saturday

August 22, Saturday

September 19, Sunday

October 24, Saturday

November 21, Saturday

December 19, Saturday

Intro to bay swimming *usually*  
offered Saturdays *or* Sunday  
after Board Meetings, check  
website [www.dolphinclub.org](http://www.dolphinclub.org)

### SWIM PROGRAM RULES

1. Club scheduled swims are restricted to club members only.
2. Swimmers are required to wear fluorescent orange caps on all scheduled swims.
3. "Swimmers cannot use "swim aids" for any timed swims. Swim aids include, but are not restricted to, fins, wet suits, snorkels, etc."
4. For out-of-cove swims, swimmers must be members in good standing with club dues current, \$40 swim fees paid, and a current PMS card on file. In-cove swims are free and open to all members.
5. New members are not eligible to swim in scheduled out-of-cove swims for six months from their membership start. However, if one successfully completes the 100-mile swim or 40-mile Polar Bear swim before their six months are up, they can participate in out-of-cove swims.
6. Swimmers must be in attendance at briefing prior to each swim in order to participate.
7. Time limits are imposed and enforced for all swims.
8. All club boats are reserved for scheduled swims.
9. In-town members must successfully complete three swims and pilot or help on at least two others.
10. Out-of-town members (those residing 100+ miles from the club) must have successfully completed two of the last three club scheduled Alcatraz and/or Golden Gate swims or meet Rule 9 above.
11. \* Indicates swim is a qualifier for Alcatraz and Golden Gate Swims

Alcatraz Island  
1.4 miles

Fort Point  
3.5 miles

Crissy Field  
2.5 miles

Yacht Harbor  
1.5 miles

Gas House Cove  
1 mile

Aquatic Park Cove

Pier 41½  
1.2 miles

Pier 43  
1 mile

*All times are approximate & subject to change.  
TBD means "to be determined".*



SUMMER 2015

# DOLPHIN LOG

THE BULLETIN OF THE DOLPHIN SWIMMING & BOATING CLUB • SAN FRANCISCO • ESTABLISHED 1877



# Once 'Round the Cove

## Dolphin Log

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*Rowing Commissioner* Jay Dean

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July 4th, Photo Jim Ebert

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## Editorial Policy

Submission of any and all material to the Log editors from any and all authors constitutes an agreement between the authors and the editors. This agreement gives to the editors the right to alter the submitted material in any way that the editors feel will improve the material for Log readers. Decisions to alter or publish submitted material will be the decision solely of the editors.



*John Kortum (center) presides over the launch of the newest club vessel, a restored sailing dingy named after his parents.*

## Launch of the *Karl and Jean*

The *Karl & Jean* was launched on May 17th after 75 years of storage in a chicken house. Karl Kortum, the founder of the San Francisco Maritime Museum, acquired the boat about 1940. It may be considered his first ship preservation effort; later rescues included the *Balclutha*, the *CA Thayer*, the *Eureka*, and the *Eppleton Hall*. A brief test in the early 2000s convinced Jon Bielinski that the buoyant craft would

be ideal for picking swimmers out of the bay, so the lapstrake beauty was rebuilt over several years at the club by Jon and many others. The boat was christened by Arianna Kortum, the granddaughter of Karl and his wife Jean, who herself was instrumental in building the Maritime Museum. After a sojourn in Minnesota where the masts will be stepped, it will return to its home at the Dolphin Club



Photo Jim Frew

## Dock Visitor

On June 10 this juvenile sea lion climbed up the steps from the beach seeking solace on the Club dock. The tag shows he (left flipper) had already been cared for at the Marin Mammal Center. The scars on his neck and shoulder are evidence that he has been in a scrape; while the cause of the "V" shaped branding mark is unknown. The pup drank thirstily from the footbath. Not a healthy sign.

## Annual Membership Meeting

The annual membership meeting of the Dolphin Swimming & Boating Club will begin at 6:30 p.m. on October 21, 2015 at 502 Jefferson Street, San Francisco, in the Staib Room.

Members are welcome to attend and participate per Article III, Section 6 of the By Laws.



## Digging Deep - *Archiving the Archives*



*Morgan Kulla and Liz Kantor sort through our 148 year history*

member to a \$5 fine.” That spring the board also felt it necessary “due to many abuses” to pass the following rules: “A member may bring in a guest providing the guest does not use the club or club facilities. This includes sunbathing, showers, etc. Violation of this rule will subject the member to a \$5 fine. Any former member or unescorted non-member found on club premises may be prosecuted.”

The goals of this

**Y**ou’ve probably seen us at the table in the Sancimino Room, surrounded by boxes and papers and rusty paper clips and piles on the floor. We are your Dolphin Club Archives workers! This project began in February 2014, and in the first year we inventoried documents in the 92 boxes and binders we found stashed all over the club. This year we are going through all the boxes again to get rid of duplicates, cancelled checks, unidentified scraps of paper, etc. So far we have sent 392 lbs of paper to the shredder. This does not count paper without sensitive information, which went into recycling, nor other stuff that went into the trash.

Many boxes have been emptied/consolidated. At least 15 have been returned to various members who over the years left personal files at the club. After we finish the culling

in September, we will start putting documents chronologically. Then we will re-file all by year in archive-quality file folders and new boxes.

What have we found so far? Details of the hard work (and many disputes) of the various officers over the years. Fights between members. One long lawsuit about public access. At least one financial scandal in which a club officer resigned, after legal counsel was obtained on how to get rid of the alleged miscreant. A look into the fascinating process to protect our waterfront and water quality, and the Dolphin Club’s role in that. Receipts for thousands and thousands of donuts.

We found that problems with dogs and visitors have been with us a long time. From the May 16, 1949 minutes: “No dogs will be allowed on club property. Any violation will subject the

complex project are to preserve our club’s history, to protect its archives, and to make them broadly accessible. We have split the project into three sections: documents; artifacts, including trophies; and eventually photographs. So far over 20 volunteers have rummaged through the boxes, with Liz Kantor and Rich Cooper showing up almost every workday. I have also had lots of help and counsel through frequent consultations with local archivists and on-line resources, and with both Dolphin and South End members.

Ready to become a part of this amazing project? Let me know. Morgan Kulla, northbeach3@yahoo.com

*Morgan Kulla*

## Plate comes home

**I**nveterate flea sale enthusiast and Club member Vic Pizzaro recently explored a garage sale in San Rafael and stumbled on this extraordinary commemorative plate. Suzanne had had it made in Rye, England, for the late Bill Raymond, a generous supporter of her English Channel Swims.

All was great on her swim from France to England...except that they were building the Chunnel and her course took her right through it. Flares were going off, followed by threats to board the pilot boat, all unbeknownst to her, though she did notice at one point that she was headed back to France. Her time was 10 hours 11 minutes, missing the record by 25 minutes. In open water swimming where anything can happen! Gotta love it!!



# Stand Up And Be Seen

Kent Myers

I first saw a person paddleboarding at Waikiki in 2006. I laughed, “These crazy fun-loving Hawaiians, now someone’s got a canoe oar on a surfboard!” Later that summer Laird Hamilton crossed the English Channel on his 12-ft SUP, a new style board sold in stores. Within a couple of years you couldn’t walk down the beach without stumbling over paddleboards for rent—beach culture had been changed.

beginner boards with canoe paddles when they photographed tourists learning to surf.

SUP seemed a natural for piloting the Dolphin Club swims. Being even a tiny bit higher on the water is a great advantage both in seeing the course and in being visible to swimmers. But wind is the SUP’s evil enemy, and we have plenty of it in the Bay Area. You are essentially a sail when standing up. In a wind above 15 mph you

Etiquette and care. Paddleboards are difficult to maneuver on land.

If you use someone’s SUP, ask for help carrying it down to the beach. Most damage is caused just getting in and out of the water.

And when finished you should rinse off the sand and salt. If the board is going into a bag or inside the club (Zahler room) then it should be towel-dried.

a kayak as it floats on the water.

Standup paddleboards are much wider and a little thicker than surfboards. Width, often around 30 inches, gives stability while length

helps both to track straighter and smooth-out choppy water. A board that tracks straight gives you more strokes per side, five or more. Switching sides every three strokes becomes exhausting after an hour of constant paddling. Newer boards have a handle for carrying, and inflatables are trending.

The club owns a handful of old yellow 12-ft prone paddle-

boards kept outside between the two clubs. These are great to learn on. You can beat ‘em up, and if you learn on those then a modern board will be like standing on the sidewalk. There are two types; round bottom and flat bottom. The flat bottoms are more stable. The round bottoms are made for super rough water, paddling prone under the GG bridge perhaps. A few SUPs are privately owned, but of course can be used by all members after they have completed rowing training. But learning how to SUP on someone’s \$1500 board is not ideal.

Paddles should be custom fitted to your height, about 8 inches taller than you are. Too short and you’ll get



Photo Colin Gift

*Stand-up-paddle perspective.*

This new sport quickly became popular in part because of its easy learning curve. Unlike regular surfing, you could be decently proficient in a day. The thrill of just standing up on the water at all is half the fun. Probably most important, you don’t need waves. You don’t even need the sea. The sport can be enjoyed on lakes, rivers, or bays.

The sport actually has ancient antecedents. Many cultures throughout Africa and Asia stand while paddling, or pushing their boats along shallow waterways with long poles because there is more leverage when standing. The Hawaiian “beach boys” of Waikiki in the 1960s used big, heavy

can’t make any headway standing up and must lie down or kneel. And with the wind comes choppy waters. If the wind picks up on a trip to Alcatraz, you’ll be in real trouble. Even coming back to Aquatic Park from Pier 39 on a typical foggy, windy summer afternoon is tough, if not impossible.

But in perfect conditions—nice calm, warm, sunny spring day or fall morning—nothing can be more fun and relaxing than taking an SUP trip around the cove. There’s a serenity to peacefully stroking through glassy, mirror-like water like a Venetian gondolier or a Vietnamese boatman. Thanks to the greater leverage and less drag an SUP can easily keep pace with





Photo Fred Johnson

*Author in his element*

a sore back stooping over, too long and you can't get good leverage. High tech materials like carbon fiber and epoxy are common, as are folding and adjustable paddles. The paddle shape is usually like a canted lever or a spoon, but used in the opposite way from what you'd expect. The blade should tip away from you putting the greatest force on the paddle when you are about mid-stroke with your top arm parallel to the water. This creates a self-stabilizing effect like a caster wheel of a shopping cart running behind the axis of rotation.

The third piece of equipment now is a life vest or personal flotation device (PFD). Outside the cove you need a PFD or subject to a fine from the coast guard. Special ones for SUP are worn like a fanny pack.

Stand up straight and tall and keep your elbows and knees locked and straight for optimal performance. Stooped over with elbows and knees bent helps keep balance in rough choppy seas, but quickly makes you exhausted and sore. Plant the paddle with your arms out straight and use your core to paddle by twisting at the waist. SUP has become a top "core training" sport. You can paddle much longer by using your core instead of your arm muscles.

Falling is inevitable, and sometimes fun. Some tips: 1) When you start to fall get away from the equipment and drop into the water. Landing

on your board or paddle is about the only way to get hurt. 2) Once in the water, unlike falling out of a kayak, go for your board first. When on the board it's easy to retrieve your floating paddle. When launching in rough seas from a big boat like a Fort Point swim, chuck the board in then dive in and get it, and arm paddle back to the boat for your paddle.

At the club, I prefer to arm paddle out past the end of the piers before standing up. You don't want to fall on a swimmer or lose control near the shore or piers and have your board caught in the shore break. Get to know where to put your feet. Once you stand up you're kinda stuck--it's difficult to reposition them without tipping over.

Dismounting. Be aware of the swell and get off your board in waist-deep water. Grab your board and paddle, and make a dash for the beach during a lull in the waves. If your board doesn't have a handle, grab it by the nose, with the bottom pressed against your side and let the back end drag in the sand. Even small waves will rip a big board away from you and become dangerous.

The best place to learn at the Dolphin Club is the calm spot behind the breakwater off Hyde Street pier. Out of cove trips should begin with a loop around the breakwater to become familiar with rougher water and boat traffic. Always plan to ride the tide and especially the wind on your return trip. Alcatraz is much tougher because it's cross channel, rougher water, a shipping lane, and there's a cross wind. Don't go there until you feel very comfortable.

On one trip to the Golden Gate Bridge I found myself encircled by large dorsal fins. My knees were beginning to wobble, until one leaped clear of the water and I saw "Flipper!" Phew.

Piloting swims is not for beginners. In wind and chop it takes some speed to stabilize (like a bicycle) so maintaining the slow speed of a swimmer is hard. You want to have good control not to become a hazard. In poor conditions, I've seen SUPers struggling and the ABs having to choose between

helping swimmers or pilots. More than other craft, SUPers need to cancel if last minute conditions aren't ideal.

I was the first person to pilot a swim on an SUP at the Dolphin Club and won "Pilot of the Year" that season. On my first trip, I went back to investigate an odd looking buoy toward the end of a chilly NYD qualifier and found a shivering swimmer camouflaged because his white cap blended with the white buoy. "How's it going?" I asked, "Cold" was the weak response. I jumped in and helped him onto my board--a good reason to wear a wetsuit when piloting even if you don't plan on falling in.

An ideal position to hold is just in front of a pack of swimmers. They'll usually follow and you can guide them into the best position. Sometimes you have to be aggressive. On a fast Yacht Harbor swim with a strong flood. I had to position my board in front of a swimmer to divert their path: two rowboats nearby could not get close enough safely.

On a Pier 39 swim I had a 400 lb. sea lion jump over the nose of my board like a circus act! Scared the bejesus out of me. Just letting me know whose turf I was on.

Over the next couple years I have helped at least four distressed swimmers to safety. It's tough to stand with a passenger, and usually better to use a "rescue" or tandem paddle position, lying down, passenger in front, you behind--your chest on their butt--and paddle with your arms while the passenger hangs onto the paddle.

On an "Intro to Bay Swimming" class I helped a dropout back to the nearest beach. We tipped over a couple times on the club's narrow board. If your passenger is not used to surfing they may be surprised how tough it is balance. Tell them to lie in the center, hang onto the sides, and don't move, while you arm paddle. Slip the blade of the paddle under their chest with the shaft sticking out in front.

*I shot several swims with a video camera jerry-rigged to the nose of an SUP--on YouTube under "ratsoup 2525."*

# Some Like It Hotter

Bob McKenzie

The Old Goats have marvelous memories. Our memories are said to be so great that we can remember things that never even happened. And yet we willingly share them again, and again and again. Sauna tales are no exception and can be repeated over and over to each new member. So return with us now to those legendary days of yore when things were very much the same as they are now.

My first memory of warming up after braving the wintry waters of Aquatic Park was on the east end of the beach, near the roundhouse. Standing together with a scrum of shivering souls, we were gathered round a 50-gallon oil drum filled with burning creosote-embedded driftwood. There was little conversation, beyond “water’s cold today.” The entrance fee to the huddle was another piece of impregnated driftwood. Among the graduates of this institute were Dan Murphy and Bob Hoff, and others still among us—John Davis, Steve Krolick, Sophie Taggart and Ray Martelli. There were showers down the beach under the bleachers but one did not venture there without a bodyguard. The denizens were territorial and a little unfriendly. Eventually this unaffiliated group, known as the “fire kickers” decided that the open fire and noxious creosote smoke was not necessary and most of us went off to join one of the three adjacent clubs.

The clubs were particularly attractive, as hot water showers had recently been introduced. Those who welcomed this luxury were ridiculed as not being real men, real Dolphins. Oddly enough however everyone



Photo Davis Ja

*Behind the cedar wall*

apparently enjoyed it so much that the 50-gallon water heater soon ran cold, and the unreal men had to hurry to the comfort of their heated automobiles.

One of these clubs, the Aerial (aka the San Francisco Rowing Club) located immediately west of the Dolphin Club, had long been closed. All that’s left today are some stumps in the sand. Rumor has it that either the IRS was after them, or the SF Park and Rec objected because they wouldn’t admit women. When the DC renegotiating its lease with the city, it included a lease on the Aerial. The deal to merge the two memberships and sister together the two buildings was closed in the late 70s under the guidance of Hector Stephen, but a fire on Thanksgiving weekend 1980 started by a homeless person damaged the SFRC beyond repair and it had to be torn down and hauled away. Most of the space that it occupied now contains the Zahler boat storage room on the first floor,

and the women’s locker room and the Sancimino room upstairs.

The 1960s saw the swim program, inspired by swim commissioner and president Frank Drumm, become more organized and competitive. This prompted changes, especially the addition of a “sauna room” and another 50-gallon water heater. The Dolphin Log May, 1965 (thank you Walt Schneebelli and Rich Cooper for archiving them) announced that “A dance and raffle is slated for May 22, 1965, the proceeds to be applied to the new sauna room which will be open 7 days a week from 11 am to 7 pm.” On the door was a plaque with the names of the men who made the room a reality: Hank Willinger, Joe Ambrose, and Lawton Hughes. “The sauna bath rules will be posted outside to keep the place enjoyable for all: 1) Shower before entering, 2) wear trunks or a towel, 3) Do not use for drying suits or towels, 4) Persons not familiar with sauna should test self in ‘bath’ (my quotes) for a couple of



minutes.”

The fitness madness of the 1970s caused the membership to swell and of course the blessed arrival of women brought new vitality and welcome changes. The new women’s locker room with its tiny two-person sauna was entered off the Staib room, now an entrance to the men’s lockers.

By 1980 the men’s sauna, located where the present sauna is, but about a third the size, was showing serious signs of wear and it was obvious that a new sauna was needed. Meanwhile the men’s showers were clear across the locker room where the women’s showers are today. My proposal was to move the sauna next to the showers and greatly expand it. Some members were unhappy their lockers would have to be demolished. Opposition also came from many people who did not believe that such a large room would ever get hot enough. Renato Piombi, a long time member who

owned a sauna supply house, was particularly skeptical.

But I stubbornly persisted and with guidance and support from Zach Stewart, Dan Osborne and Pete Bianucci, and the building muscles and skills of Stan Hylinsky, Van Vorhees and Mike Koga we silenced the critics, opening the facility in time for the 1981 Yacht Harbor swim and the very first Escape from Alcatraz. This room, since modified, is presently the women’s sauna.

In the later 1980s and into the ‘90s the club’s membership nearly doubled. Long time member Conrad Von Blankenberg and his crew, with Stan’s guidance, did an excellent job of building an addition to the club on the property vacated by the demolition of the San Francisco Rowing Club. Later in the decade, Conrad and crew moved the women’s locker room into that space, and bequeathed the men’s shower and sauna to the ladies. A new

sauna and shower room was built for the men where it’s now located.

Last year, after years of faithful and constant use the men’s sauna needed rebuilding. John Horner, with help from the late Don Osborne did an excellent job upgrading.

To conclude, I would like to opine that in my nearly 40 years of being involved in activities around Aquatic Park and the local clubs, that this is the Golden Age of the Dolphin Club. The camaraderie in the saunas has much to do with this. Without these amenities the extreme swimmers probably could not accomplish their Herculean feats. And us mere mortal swimmers would not experience the pleasures of a January dip in the Bay. And we would all be deprived of many semesters of medical--and cautionary--lectures that enrich our minds as we’re warming up.

## *Dan McGill And the Dolphin Club (Member 1981-2015)*

**D**an McGill joined the Dolphin Club in 1981 right around the time that we were settling a claim with the insurance carrier for the big fire. President Tom Gould felt that he needed an official building committee, thus forming the first one. Dan stepped forward and offered his services as experienced in construction and construction management. Dan was in attendance most days to oversee the repair to the fire and water damage around the club. After the existing boathouse was renovated the club entered a journey to design a new annex

building. The design by Dan Osborne was approved by the board and Conrad Von Blankenberg was the low bidder. Dan contributed to the project by offering his expertise and overseeing the project.

After the annex was a complete, the club installed a foundation around the perimeter of the existing boathouse. Once again, Dan contributed. As the paint dried, we experienced the Loma Prieta earthquake and survived intact. In 1990, the club undertook a \$1 million locker room renovation project, designed by Lee Hammack and Dan Osborne and overseen by Dan. Dan also managed projects to replace decking on the pier, install handicapped railings around the club and install necessary stair treads with striping.

Dan served as a committee member on the women’s locker room renovation, replacing the apron on the pier, piling restoration on the pier, kitchen remodels, installing the new foundation under the back deck and many other projects. The club mourns Dan and misses his presence.

**J**ust a quick note of our thanks for the wonderful help casting Dad’s ashes, ..to explain our gratitude to the Club...your help, with great dignity, made the occasion perfect. All that happened, exceeded our expectation...our father really blessed us with his association with all of you.



*Dan McGill’s ashes are scattered in  
the Bay he loved.*

*Dan McGill Jr*

## Regatta Season

Spring of 2015 was an especially busy time for Dolphin Rowing as Dolphins were competing, adventuring, partying and piloting throughout the season. The spring regatta season saw Dolphins continue their winning ways in regattas in the bay and beyond.

In March a number of our rowers traveled to the San Diego Crew Classic and most returned with medals. In April, Dolphins took a number of firsts in the Norm Petersen Regatta in both shells and wooden boats, including a victory for the Women's Wieland crew (1:02:04), followed a week later by wins in the Open Ocean Regatta, where wild conditions at the Golden Gate Bridge and beyond gave the race its distinctive "open ocean" feel. In May our rowers contin-



*Rowing Revival: Regatta Season: Charlie Cross, Dorian Faust, Wyatt Nordstrom, Thomas Owston, Dav Zimak, Michael Troxell, Thomas Lemmin*



*Successful Tahoe squad: Quincy Darbyshire, Racheal Perry, Thomas Lemmin, Dav Zimak*

ued their streak with winning performances in SERC's Three-Buoy Regatta, where the men had a chance to win in the Wieland (40:02). In June Dolphin Rowing traveled to Lake Tahoe for the North Tahoe Rowing Regatta, where Dolphins set new long course records: (8.75 nautical miles) Women's Double:

(1:12:49) Racheal Perry (DC)/Jackie Snyder (SERC); Men's 24' Single: (1:14:32) Quincy Darbyshire.

Dolphins have been competing and winning this year in every sort of boat -racing shells from singles to eights, classic wooden boats and the Wieland, of course. Our 100-year-old racing gig, Viking competed in the Open Ocean Regatta (Pt. Diablo Course 7.6 nautical miles), taking second (Jay Dean/Lance Starin 1:32:49) to its younger sister-ship Liftraiser (C. Heim/T. Lemmin 1:21:27). There were even Dolphins rowing in a whaleboat regatta this June.





*New May row to Sacramento: J.D. Durst, Jay Dean, Jon Belinski, Dav Zimak  
Mary Magocsy, Lance*

In the midst of all the racing, six intrepid Dolphins completed a row to Sacramento, May 1-3. To attempt this row in spring is unusual, but the weather was fine, the river flow very light (alas), and the row was uneventful until our boats arrived at Sacramento in the midst of the nationally

televised Bassmaster tournament. Our 80-year-old wooden boats arrived at the boat-ramp amidst the final day's frenzy, an interesting contrast to the 75 mph speedboats the pro bass-catchers use.

Kudos to Dav Zimak, Mary Magocsy, Lance Starin and J.D. Durst,

who joined Sac Row veterans Jay Dean and, of course, Jon Bielinski on this row. This was Jon's 21st row to Sacramento, a new record. Another Sacramento Row is being planned for the fall.

This busy season also saw the second annual Angel Island Overnight, a very well attended Rower's Dinner (thanks to Mary Magocsy for organizing such a great party!), and piloting for both the club swims and the Baykeeper "parade" to AT&T Park.

Plans are afoot for more overnight rows, a summer barbecue, and more racing in the fall. If you're interested in helping shape those plans, please join us at the monthly Boat committee meetings, on the second Tuesday of the month (watch for announcements). All club members are welcome--and encouraged--to attend.

*-Jay Dean, J.D. Durst*

## Our New Sport is the Oldest

*Chris Tschinkel*

The inaugural Walt Stack Running Challenge completed successfully at the end of May. 79 Dolphins participated, logging an average of 93.3 miles. 19 Dolphins ran over 100 miles to complete the Short Stack Challenge, and another 14 ran over 225 to complete the Tall Stack Challenge.

### -- Long Stack ---

Place	Runner	Miles
1	Marianne Dean	320
2	Jaron Ness	307
3	Deanna Micros	302
4	Andrew Wynn	258
5	Elizabeth Wistrom	251
6	Tom Brown	250
7	Gina Edwards	242
8	Natazha Bernie	242
9	Hal Offen	240
10	Emily Kreger	240
11	Katie Harrington	232
12	Megan Wachs	226
13	Chris Tschinkel	226
14	Heather Bhide	225



*Dolphin runners Megan Wachs, Natazha Bernie, Martin Reed at Hopper Hands under the Golden Gate Bridge*

### --- Short Stack ---

15	Janine Watson	198
16	Margaret Curtis	190
17	Kelley Heye	164
18	Sam Vilain	156
19	Melia Vilain	156
20	Luca Pozzi	152
21	Krista Gager	141
22	Alex Migoushov	130
23	Anthony DuComb	125
24	John Davis	118.5
25	Ken Coren	112.2
26	Dawn Holley	112
27	Robert Selsted	109
28	Byron Harbour	107
29	Paul Vanhoven	105
30	Randy Edwards	104
31	Alex Sigal	100
32	Ashley K Horne	100
33	Laura Croome	100



# MILES

2015  
25  
YEAR  
LIFE  
MEMBERS



Bob Blum



Paul Brady



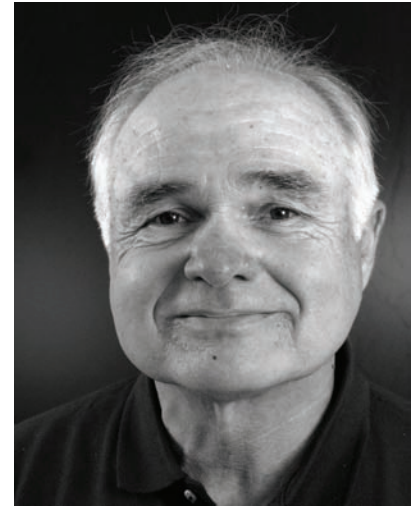
Lindsay Casablanca



Barry Christian



John Dugan



Gary Ehram



Patrick Freilinger



Pat Howard



Krist Jake



# T O N E S



Chris Kelly



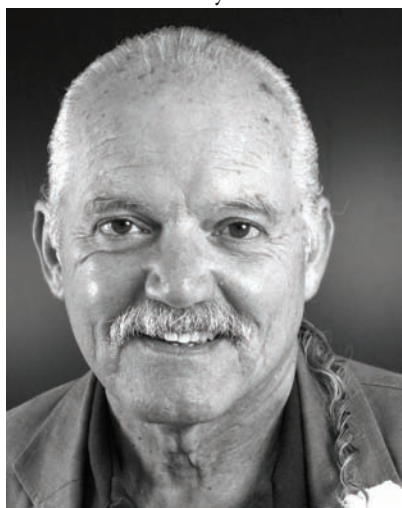
Carol Murphy



David Rich

photos unavailable

Carlo Cannell  
Juli e Marcus  
Mike Giannini  
Dennis Deisinger  
John Kortum  
Steve Frantz



George Robin



Anne Sasaki



Stephen Schatz



Megan Sullivan



Monica Towers



Laura Burtch-Zovickian

## *John Davis: Newest 50-year Member*

John Davis joined the Dolphin Club in 1965, but not easily. Nominated by Bill Campbell and seconded by Joe Carroll, he was opposed by Lawton Hughes, who doubted that he was legally in the U. S.. President Frank Drumm overruled Hughes however, and John could abandon the bonfire on the beach and enjoy the lukewarm shower available from the club's 50-gallon water heater.

Born in London in 1936, it took John almost thirty years to achieve this luxury. The son of an Irish immigrant and an English policeman, his childhood was spent in the shadow of World War II. His father was called into the military when the conflict began, and his mother took John from London to the country to avoid the German air raids – but to no avail. Their house was hit, and John was blown out of bed.

The family resided briefly in London again after the war, but smog drove the Davises to a farming life in Gloucestershire. John attended school until 1952, when wanderlust led him to emigrate to Canada as an indentured worker – and led him again to hitchhike across the country and take up work as a cowhand near Calgary, then in the oil fields of the Yukon.

After several years, and movement into the field of sales, he was able to bring his mother and younger brother to Canada. But soon he was back in England and then in Kenya, where he just avoided the Mau Mau uprising, climbed Mt. Kilimanjaro, and capped his many adventures with a voyage to Australia. Working a passage from Sydney to San



*John Davies finishes a jolly good swim*

Francisco, he found the place he could love and settle.

He went to work at British Motors on Van Ness Avenue. It was at this time that he discovered the cove in Aquatic Park as a place to swim at lunchtime, warm up around a driftwood fire and become a guest of his barber Bill Campbell at the Dolphin Club.

He met his future wife, Beverly, on a blind date at the Buena Vista, an appointment he almost missed because he wanted to swim first, then changed his mind after he was mistakenly told she was a Playboy centerfold, but – “a striking resemblance,” he recalls. Love at first sight was followed by 35 years of wedded bliss and two sons, Ted

and Thomas, the latter an active Dolphin. The family lived in Marin, and John worked in real estate.

After Beverly died fifteen years ago, John moved to Sonoma. But he keeps a studio in the city and regularly jumps in the water with the Old Goats after many years of participating in the club's Bay swims. Then he sits in the Staib Room and contemplates the birth of his first grandchild come September (the offspring of Thomas and Jenny Son-Davis, who are both Dolphins), as well as “this wonderful life I have had, and still am having.”

*Joe Illick*



# Fort Point Saga

First, thank you John Nogue for your two years of service to the Dolphin Club as a Swim Commissioner. John retired from his role on May 31. When you see John, please thank him for his efforts to keep everyone safe and swimming in the Bay.

The 2015 swim season is in high gear and the club hosted five swims from April to June. Our most challenging swims due to distance, duration, and weather conditions are Bay Bridge, Crissy Field and Fort Point, all of which took place in a 34-day period. Bay Bridge on Mother's Day was more benign than usual and the water was warmer too. Crissy Field was challenging thanks to a grudging current. But nothing prepared swimmers, or their pilots, for 2015's Fort Point swim on June 14 (Father's Day).

Thick fog the day before the test swim left the Swim Commissioners wondering if we should cancel it. The fog lifted a bit, but it was so dense it felt like light rain. Winds were blowing and seas were rough. The paltry current helped a bit.

We felt we learned a lot, but the Bay has a way of toying with your Commissioners when we try to plan

for a race based on the test swim. Once again, we were the Bay's plaything.

The following day saw mildly better conditions with higher fog and less wind, but the waves were just as violent. While the heavy motorized launch was able to stay relatively stable by the South Tower, the pilots struggled to keep their bucking boats and kayaks under control while they waited for the start.

Once in the water, swimmers dispersed in a dozen directions. Though generally heading in the direction of home, the powerful northward current captured a few and threatened to carry them toward the shipping channel. Within a few minutes, a kayak flipped and one swimmer opted out. The white caps on the water made sighting difficult for both swimmers and pilots. And the flood must have overslept. For the first 1.5 miles this was an endurance test. Fortunately, the water was warmer than usual, but with no help from Nature's forces, several more hopped aboard ABs over the next two hours. Even when the current picked up from nothing after the yacht club, it was a weak and provided only minor relief.

The first swimmer crossed the finish line in 59 minutes, while the last swimmer crossed at 2 hours and

29 minutes. Thirty-eight swimmers started and 33 finished. A miscount on the dock left us panicked but after a tense wait, the count evened out. We don't mind picking up a swimmer along the way, but we don't like losing one.

We do not thank our pilots enough. Our most challenging swim was our most challenging piloting event as well. The first swimmer was approaching the Cove when the last swimmer was less than a mile from the jump. Consequently, our pilots were spread out over 2.5 miles, yet managed to keep track of everyone. For the first hour, the ABs and rowboats were baling out gallons of water. ABs were ferrying exhausted swimmers back to the dock. Many of our pilots were on the water for three-and-a-half hours. Thank you, pilots for everything you do to keep us safe and make these swims possible.


We have one more Club swim that qualifies for Golden Gate and Alcatraz, two if you are over 45. The Trans Tahoe Relay and both days of the Santa Cruz Pier count as Qualifiers, so if you are short of helps, we have three Club swims in which to earn them. Please plan accordingly.

Joe Marenda  
Brendan Crow

## DOLPHIN LOG SWIM STATISTICS

Polar Bear Challenge DEC 21 - MARCH 21								
Name	Miles							
1 Byron Harbour	181	18 Andrew Cassidy*	72	39 Nancy Lange*	55.5	60 Ward Bushee*	47	
2 Mauricio Prieto	142	19 Robert Callan	70	40 Hal Offen*	55	61 Terry Horn*	47	
3 Alex Migoushov	123	20 Gabriella Cross	70	41 Neal Powers*	55	62 Chris Wagner	47	
4 Cory Emerson	110	21 Bill Burke*	65	42 James Robinson*	54.5	63 Vincent Huang	46.5	
5 Ross Browne	109	22 Joe Butler	65	43 Kamran Atabai	53	64 Erik Cufino	46	
6 Joe Illick*	103	23 Kate Webber	65	44 Laura Burtch	53	65 Jim Frew	45.5	
7 Charlie Cross	100	24 David Holscher	64	45 Tom Nuckton	53	66 Peter Prato	45.25	
8 Laura Merkl	92.5	25 Lolly Lewis*	64	46 Michael Caniglia	52	67 David Bennett	45	
9 Ashley Horne	91.5	26 Joseph Omran	63.5	47 Tom Brown	51.25	68 Arnie Oji	45	
10 Tom Neill*	90	27 Michaelynn Meyers*	63	48 Alex Buehlmann	51.25	69 A.Rosenthal	45	
11 Melissa King	85	28 S. Khorochev	62	49 Ken Frank	50.5	70 John Stassen	45	
12 Peter Cullinan	81	29 Susan Sward	62	50 Beth Stein	50.5	71 Morgan Kulla	44.5	
13 Ryan Dalton	80.75	30 Susan Garfield*	61	51 Krist Jake*	50	72 J.Mermelstein	44.5	
14 Joe Marenda	76	31 Pete Neubauer*	61	52 Milan Odehnal	50	73 Robert Cable	44	
15 Jim Ebert	75	32 Larry Scroggins*	60.25	53 Holly Reed*	50	74 Clint Callan	44	
16 Lisa N-Wise	73.5	33 Vito Bialla*	60	54 Mikkel Aaland*	49	75 Chase Corum	44	
17 W. Richter	72.25	34 Emily Kreger	60	55 Tom Hofmann	49	76 J. Ottersberg	44	
		35 John Nogue*	60	56 Stephen Schatz	48.5	77 Mark McKee	43.75	
		36 Phillip Rollins*	59.5	57 Rory Tuttle	48	78 Jay Adams	43.5	
		37 Paul Vanhoven	57.5	58 Lindsay Casablanca	48	79 Lee Hammack*	43.5	
		38 Victor Critchfield	56	59 Danny DeLeon	48	80 Terry Keenan	43.5	

# DOLPHIN LOG SWIM STATISTICS

81	Mickey Lavelle	43.5	144	K. Sheridan	40.25	190	N.Degelman*	21	35	Joseph Spallone	21:48																																																																																							
82	Alexander Sigal	43.5	145	D.Zimmerman	40.25	191	Janice McCall *	21	36	A. Kurczinak	21:52																																																																																							
83	Kathryn Werhane*	43.25	146	Andrea Allen	40	192	John Theede*	21	37	David Nosrati	22:11																																																																																							
84	Joel Bleskacek	43	147	Rick Avery	40	193	O. Thompson*	20.75	38	Dan Brinkley	22:31																																																																																							
85	A.Braithwaite	43	148	J.Beamsterboer*	40	194	Tom McGraw*	20.5	39	Charles Pratt	22:48																																																																																							
86	Brendan Crow	43	149	Tom Bernard	40	195	Julie Haas*	20	40	Tyler Burton	22:57																																																																																							
87	Kevin Haugh	43	150	Eileen Buckley	40	196	Loretta Madden*	20	41	Eileen Buckley	23:23																																																																																							
88	John Ingle	43	151	Suzie Dods	40	197	David Maloney*	20	42	Keith Nelson	23:26																																																																																							
89	Elizabeth Jay	43	152	Luke Donovan	40	198	Mimi Osborne*	20	43	Ron Russ	23:36																																																																																							
90	John Mervin	43	153	Jim Ebert	40	Gas House Cove Swim MARCH 21, 2015			44	Alexander Sigal	23:48																																																																																							
91	Carter Seddon	43	154	P.Hollingsworth	40				45	Renee Kaufman	23:56																																																																																							
92	Kala S-Presser	43	155	Recep Iscan	40	Place	Name	Time	46	Peter Cullinan	24:02																																																																																							
93	Joseph Spallone	43	156	Renee Kaufman	40				47	Pia Hinckle	24:03																																																																																							
94	Lowen Cattolico	42.5	157	A. Kurczinak	40	1	B.Lewkowitz	15:32	48	Nancy Hornor	24:07																																																																																							
95	Nicholas Egan	42.5	158	Cesar Manzano	40	2	Adam Eilath	15:59	49	John Hornor	24:13																																																																																							
96	Rey Hassan	42.5	159	J.McEvoy	40	3	Nicholas Egan	16:06	50	Neal Powers	24:18																																																																																							
97	John Hornor	42.5	160	John Nestor*	40	4	Jari Salomaa	16:45	51	William Burke	24:22																																																																																							
98	Andrew Wynn	42.5	161	Jeff Peargin	40	5	Lisa N-Wise	16:55	52	Gerard Navarro	24:29																																																																																							
99	Randy Edwards	42.25	162	John Pelka*	40	6	Andrew Wynn	17:00	53	Susan Saylor	24:37																																																																																							
100	Grasshopper	42.25	163	Camila Pesce	40	7	Patrick Dinan	17:21	54	Monica Towers	24:44																																																																																							
101	Daragh Powers*	42.25	164	Victor Pizarro	40	8	Jeff Peargin	17:25	55	Richard Haymes	24:48																																																																																							
102	Peter Bartu	42	165	Pavla Podolska*	40	9	Kevin Meisel	17:32	56	Ken Frank	24:51																																																																																							
103	Kathleen Duffy*	42	166	John Renko	40	10	Kate Webber	17:44	57	Holly Reed	24:53																																																																																							
104	Keith Gray	42	167	Ron Russ	40	11	Kala S-Presser	18:24	58	J.McEvoy	24:54																																																																																							
105	Keith Howell*	42	168	Phil Scarborough	40	12	Ashley Horne	18:35	59	LibbieHorn	24:56																																																																																							
106	Heidi Howell	42	169	Suma Snehalatha	40	13	Cesar Manzano	18:47	60	Pete Neubauer	25:02																																																																																							
107	Michael Matthey	42	170	Nobu Takahashi	40	14	Jaron Ness	19:05	61	Mike Mitchell	25:12																																																																																							
108	John Mattox*	42	171	Megan Wachs	40	15	John Selmer	19:09	62	Andy Greer	25:17																																																																																							
109	Robin Rome	42	172	Ralph Wenzel	40	16	C.Hendler	19:10	63	D.Sullivan	25:34																																																																																							
110	Andy Stone	42	173	Firat Yener	40	17	Ian Horn	19:14	64	Ward Bushee	25:42																																																																																							
111	R.Strawbridge	42	*Old goats above a certain		18	Tom Neill	19:15	65	Kent Myers	25:46																																																																																								
112	D. Sullivan	42	age-self identity		19	Peter Prato	19:21	66	Keith Howell	25:47																																																																																								
113	Laura V. Horn	42	174	Rusa Chiu*	37.5	20	Jennifer Frost	19:25	67	Robert Callan	25:48																																																																																							
114	P. Badertscher	41.5	175	Duke Dahlin*	34	21	Chris Child	19:32	68	Jim Frew	26:12																																																																																							
115	Thomas Kuglen	41.5	176	Mary Cantini*	30	22	Erik Cufino	19:48	69	Janice McCall	26:13																																																																																							
116	Jaron Ness	41.5	177	Roy Bergmann*	29	23	A.Braithwaite	19:57	70	Robin Rome	26:25																																																																																							
117	J.Fahlbusch	41.25	178	Rory Enke*	29	24	David Bennett	20:02	71	Anne Sasaki	26:47																																																																																							
118	Nancy Hornor	41.25	179	Anne Sasaki*	26.5	25	Rory Tuttle	20:03	72	K. Werhane	26:48																																																																																							
119	John Dugan*	41	180	Sunny McKee*	25.75	26	Robert Cable	20:08	73	Michael Barber	26:56																																																																																							
120	Isabel Friedman	41	181	Janice Wood*	25	27	Morgan Kulla	20:14	74	Gregory Hicks	27:28																																																																																							
121	Joe Gannon*	41	182	Douglas James*	24	28	Duke Dahlin	20:15	75	Cheryl Wallace	27:30																																																																																							
122	Kerry LaBelle	41	183	J. Sapirstein*	24	29	Paul Vanhoven	20:29	76	A. Thompson	27:43																																																																																							
123	B. Lewkowitz	41	184	Debra Rose*	22.25	30	W. Richter	20:45	77	C. Barnard	27:46																																																																																							
124	Joe Mannion	41	185	W. Katzman*	22	31	Claudia Bicho	20:46	78	Will Powning	28:02																																																																																							
125	C. Marchesani	41	186	Janice McCall*	22	32	Jean Allan	20:52	79	Byron Harbour	28:24																																																																																							
126	M. Melendez	41	187	Eileen David*	21.75	33	Becca Fanning	21:07	80	Janice Wood	28:27																																																																																							
127	Rudeen Monte*	41	188	K. Shanahan*	21.5	34	Charlie Cross	21:08	81	Joe Gannon	28:58																																																																																							
128	Rocky Muzzin	41	189	Gerald Cullen*	21																																																																																													
129	Luca Pozzi	41	Photo Hal Offen																																																																																															
130	Jason Prodoehl	41																																																																																																
131	Mark Robinson	41																																																																																																
132	King Sip*	41																																																																																																
133	Ted Tilles	41																																																																																																
134	Sam Vilain	41																																																																																																
135	Darcy Wettersten	41																																																																																																
136	Katie Harrington	40.75																																																																																																
137	Peter Kruit	40.5																																																																																																
138	Jon Nakamura	40.5																																																																																																
139	Rebecca Tilley	40.5																																																																																																
140	John Trout	40.5																																																																																																
141	Gabriel Castillo	40.25																																																																																																
142	Nicholas Dorman	40.25																																																																																																
143	Clinton Hendler	40.25																																																																																																
<b>Pilots:</b> Jon Bielinski, John Blackman, Todd Bloch, Barbara Byrnes, Lowen Cattolico, Laura Croome, Brendan Crow, Dotti David, Jay Dean, Marianne Dean, James Dilworth, Paul DuBois, J.D. Durst, Cory Emerson, Pauline Farmer-Koppenol, Nancy Friedman, Susanne Friedrich, Stuart Gannes, Jon Grunstad, Peter																																																																																																		

Peter Neubauer and Anne Sasaki celebrate life



# DOLPHIN LOG SWIM STATISTICS

Hollingsworth, Terry Horn,  
Paul Irving, Davis Ja, Mike  
Kayton, Brian Kiernan, Mee  
Lee, Joe Marendia, Miguel  
Melendez, David Nettell, John  
Nogue, Richard O'Hara, Hal  
Offen, Joseph Omran, King  
Sip, Lance Starin, Andy Stone,  
Jim Thurmond, Robert Weil,  
Terry Whalen **Helpers:**Lindsay  
Boswell, Andrew Braithwaite,  
Andrew Cassidy, Brendan Crow,  
Jim Ebert, Adam Eilath, Ken  
Frank, Susan Garfield, Brian  
Gilbert, Matt Heppard, Gregory  
Hicks, Vincent Hoenigman,  
Ian Horn, Ashley Horne, John  
Hornor, Nancy Hornor, John  
Ingle, Margaret Keenan, Morgan  
Kulla, Susan Lauritzen, Mickey  
Lavelle, Blake Lewkowit, z  
Cesar Manzano, Caitlin May,  
Jacqueline McEvoy, Jane  
Mermelstein, Mike Mitchell,  
Jaron Ness, Pete Neubauer,  
John Nogue, David Nosrati,  
Hal Offen, Anna Marie Olsen,  
Era Osibe, Neal Powers, Daragh  
Powers, James Robinson, Robin  
Rome, Jari Salomaa, Kathleen  
Sheridan, Kala Sherman-  
Presser, Alexander Sigal, Suma  
Snehalatha, Beth Stein, Cory  
Sturtevant, Karen Vandergrift,  
Melia Vilain **Test Swimmers**  
**and Pilots:** John Blackman,  
Ross Browne, Victor Critchfield,  
Laura Croome, Gabriella Cross,  
Charlie Cross, Jim Ebert, Cory  
Emerson, James Fahlbusch, Joe  
Gannon, Terry Horn, Joe Illick,  
Brian Kiernan, Tony Leonardini,  
Miguel Melendez, Tom Neill,  
John Nogue, Hal Offen, Joseph  
Omran, Holly Reed **Additional**  
**helper:** Kai Wisniewski

## Pier 39 Swim APRIL 11, 2015

Place	Name	Time
1	B. Lewkowit	22:20
2	Nicholas Egan	23:40
3	John Ottersberg	23:47
4	Lisa N-Wise	23:54
5	Ross Browne	23:58
6	Laura Burtch	24:25
7	Ryan Dalton	25:10
8	Jeff Peargin	25:30
9	Tom Neill	25:56
10	Kate Webber	25:59
11	Elizabeth Jay	26:50
12	John Selmer	27:05
13	David Bennett	27:32
14	Jennifer Frost	27:41
15	A. Braithwaite	27:49
16	Ian Horn	27:57
17	Jason Prodoehl	28:29
18	A. Kurczinak	28:44
19	V.Hoenigman	28:51
20	Charlie Cross	28:54
21	Paul Vanhoven	28:57
22	K. Sheridan	29:05
23	Anna M.Olsen	29:26
24	M. Keenan	29:49
25	Jean Allan	29:57
26	C. Hendler	30:06
27	Joseph Spallone	30:07
28	Rick Avery	30:15
29	John Trout	30:22
30	Keith Nelson	31:09
31	Nancy Hornor	31:21
32	Pia Hinckle	31:24
33	David Nosrati	31:27
34	A.Rosenthal	32:31
35	Alex Sigal	32:53
36	Jim Frew	32:58
37	Neal Powers	33:03
38	Ron Russ	33:04
39	R. Haymes	33:08
40	D. Sullivan	33:16
41	Ken Coren	33:27
42	J. McEvoy	33:28

43	Lewis Haidt	33:41
44	John Hornor	33:42
45	Tyler Burton	33:43
46	Roxy Phifer	33:46
47	Dean Badessa	33:50
48	A. Buehlmann	33:52
49	Susan Saylor	33:58
50	Bevin Daniels	34:11
51	Byron Harbour	34:16
52	Keith Howell	34:58
52	Jamie Robinson	34:58
54	William Burke	35:05
55	Robert Callan	35:17
56	Michael Barber	35:29
57	Pete Neubauer	35:47
58	Kent Myers	35:48
59	Robin Rome	36:29
60	K. Werhane	37:31
61	L.Cattolico	37:41
62	Cheryl Wallace	39:44
63	Vicki Smith	42:30
64	Grasshopper	43:16
65	Sheila Gleeson	43:36

**Pilots:** Jay Adams, Claudia  
Bicho, Jon Bielinski, Barbara  
Byrnes, Robert Cable, Laura  
Croome, Brendan Crow, Paul  
DuBois, Kathleen Duffy, J.D.  
Durst, Christian Ebersol, Cory  
Emerson, Ken Frank, Susanne  
Friedrich, Donald Harrison,  
Reuben Hechanova, Francisco  
Hernandez, Jenn Jackson, Liz  
Kantor, Mike Kayton, Brian  
Kiernan, Melissa King, Nancy  
Lange, Joe Marendia, Tom  
McCall, Andrea Morgan, David  
Nettell, Wyatt Nordstrom,  
Richard O'Hara, Holly Reed,  
Lance Starin, Monica Towers,  
Chris Tschinkel **Helpers:**  
William Burke, Andrew Cassidy,  
Skip Clemens, Erik Cufino,  
Ryan Dalton, Jim Ebert, Pauline  
Farmer-Koppenol, Nancy  
Friedman, Susan Garfield,

Brian Gilbert, Margaret  
Healy, John Hornor, Nancy  
Hornor, Tom Hunt, Susan  
Lauritzen, Mickey Lavelle,  
Blake Lewkowit, z, Jacqueline  
McEvoy, Jane Mermelstein,  
Keith Nelson, Pete Neubauer,  
John Nogue, Hal Offen, Era  
Osibe, Neal Powers, Jason  
Prodoehl, Sibylle Scholz, John  
Selmer, Eric Shupert, King  
Sip, Kate Webber, Felicity  
Wolhtman, Janice Wood  
**Test Swimmers and Pilots:**  
Andrew Cassidy, Gabriella  
Cross, Charlie Cross, Jim  
Ebert, Cory Emerson, Jim  
Frew, Joe Gannon, Liz  
Kantor, Margaret Keenan,  
Brian Kiernan, Robert Larson,  
Miguel Melendez, Tom Neill,  
John Nogue, Hal Offen,  
Suma Snehalatha, Megan  
Wachs

## Yacht Harbor Swim APRIL 18, 2015

Place	Name	Time
1	B.Lewkowit	26:01
2	Adam Eilath	26:07
3	Nicholas Egan	27:04
4	Ryan Dalton	27:06
5	Andrew Wynn	27:22
6	Lisa N-Wise	27:36
7	Jari Salomaa	28:08
8	Kevin Meisel	29:18
9	Ashley Horne	29:21
10	Stephen Schatz	29:32
11	Ross Browne	29:58
12	Chris Crowe	30:08
13	Mauricio Prieto	30:12
14	Tom Neill	31:14
15	V.Hoenigman	31:42
16	David Bennett	32:01
17	Robert Cable	32:02
18	A.Braithwaite	32:07
19	Anna M.Olsen	32:56

joannehighpriestess@gmail.com

415-823-5300



## Kruit Painting Inc.

Pieter Kruit  
1400 Yosemite Ave  
San Francisco, CA 94124  
cell: 415-254-7818  
fax: 415-571-8610  
pieter@Kruitpainting.com

# DOLPHIN LOG SWIM STATISTICS

20	K.Sheridan	32:59	Andrew Braithwaite, Laura	27	Sean Lavelle	51:26	John Nogue, James O'Connor,
21	Rory Tuttle	33:13	Burtch-Zovickian, Andrew	28	Becca Fanning	51:45	Hal Offen, Thomas Partridge,
22	D. De Leon	33:43	Cassidy, Lowen Cattolico,	29	Nancy Lange	52:24	Jason Prodoehl, Polly Rose, Aaron
23	Morgan Kulla	33:44	Kate Coleman, Brendan Crow,	30	Charlie Cross	52:33	Rosenthal, Gina Rus, Denise
24	Charlie Cross	34:38	Peter Cullinan, Dotti David,	31	A. Kurczinak	52:48	Sauerteig, Stephen Schatz, John
25	George Morris	34:46	Susan Garfield, Brian Gilbert,	32	John Trout	52:59	Selmer, Eric Shupert, Alexander
26	David Nosrati	34:56	Dennis Hannon, Margaret	33	Joel Moore	53:25	Sigal, Vicki Smith, Andy Stone,
27	Dan Brinkley	35:58	Healy, Nancy Hornor, Tom	34	M. Keenan	53:35	Ryan Utsumi, Kathryn Werhane
28	Rick Avery	36:05	Hunt, Joe Illick, Margaret	35	Sam Vilain	53:41	<b>Test Swimmers and Pilots:</b>
29	Kate Coleman	36:14	Keenan, Morgan Kulla, Athena	36	Bryn Kass	53:42	Claudia Bicho, Ross Browne,
30	M.Keenan	36:32	Kyle, Susan Lauritzen, Mickey	37	A. Rosenthal	54:52	Andrew Cassidy, Randy Edwards,
31	Pia Hinckle	36:40	Lavelle, Jacqueline McEvoy,	38	Pia Hinckle	54:53	Cory Emerson, Hal Offen,
32	A. Rosenthal	36:48	Piper Murakami, Kent Myers,	39	Lewis Haidt	54:59	Joseph Omran, Luca Pozzi, Beth
33	Ron Russ	36:54	Keith Nelson, Pete Neubauer,	40	Keith Nelson	55:08	Stein, John Blackman, George
34	Keith Nelson	37:15	John Nogue, Hal Offen, Era	41	Gina Rus	55:20	Chamales, Laura Croome, Deirdre
35	Mickey Lavelle	37:20	Osibe, Aaron Rosenthal,	42	Alex Sigal	56:00	Dole, Jim Frew, Douglas James,
36	Nancy Hornor	37:31	Sibylle Scholz, Ben Shaw, Eric	43	Peter Cullinan	56:14	Liz Kantor, Brian Kiernan, Joe
37	William Burke	37:41	Shupert, Alexander Sigal, King	44	Isabel Friedman	57:02	Marenda, Tom McCall, Tom
38	Lewis Haidt	37:43	Sip, Paul Vanhoven, Cheryl	45	Renee Kaufman	57:15	Neill, David Nettell, Marc St
39	Dean Badessa	37:46	Wallace, Natalie Wisniewski	46	P. F-Koppenol	57:58	Raymond <b>Non-member helpers:</b>
40	R. Kaufman	37:47	<b>Test Swimmers and Pilots:</b>	47	Cory Sturtevant	58:23	Dave Ufferfilge, Marisa Weiss,
41	R. Haymes	37:58	Michael Barber, Claudia	48	Jim Frew	58:32	Fritz Winkler, Gerald
42	J.McEvoy	38:14	Bicho, Ross Browne, Andrew	49	Ron Russ	58:43	
43	Jan Weidner	38:41	Cassidy, Lowen Cattolico,	50	John Hornor	60:08	
44	Cory Sturtevant	38:55	Gabriella Cross, Charlie	51	A. Buchlmann	60:15	
45	Robert Callan	39:38	Cross, Dotti David, Deirdre	52	Pete Neubauer	62:37	
45	Byron Harbour	39:38	Dole, Cory Emerson, Susanne	53	Kathleen Duffy	62:50	
47	Lucy Hoff	39:46	Friedrich, Jon Grunstad, Joe	54	Cheryl Wallace	62:53	
48	Tom Partridge	39:48	Illick, Douglas James, Brian	55	Janice Wood	63:05	
49	Jim Frew	39:54	Kiernan, Tom Neill, John	56	Robin Rome	65:39	
50	Pete Neubauer	39:57	Nogue, Hal Offen, Joseph	57	John Ingle	70:33	
51	Keith Howell	40:00	Omran, Holly Reed	<b>Pilots:</b> Marcus Auerbuch,			
52	Hugh Foley	40:02		Claudia Bicho, Jon Bielinski,			
53	James Robinson	40:20		John Blackman, Lowen			
54	E. Silverman	40:25		Cattolico, J.D. Durst, Cory			
55	Cheryl Wallace	40:26		Emerson, Jon Grunstad, Donald			
56	Kent Myers	40:30		Harrison, Reuben Hechanova,			
57	Kathleen Duffy	40:53		Ian Horn, Terry Horn, Keith			
58	Robin Rome	40:54		Howell, Davis Ja, Liz Kantor,			
59	Andrea Allen	41:39		Brian Kiernan, Thomas			
60	Gregory Hicks	41:47		Lemmin, Robert Mackey, Joe			
61	Janice Wood	42:15		Marenda, Grant Mays, Tom			
62	Joe Gannon	44:12		McCall, Miguel Melendez,			
63	Will Powning	44:25		Andrea Morgan, David Nettell,			
64	Mike Kayton	48:28		Richard O'Hara, Joseph Omran,			
65	John Ingle	51:36		Holly Reed, John Robiola, Marc			
				St Raymond, Elizabeth Tippin,			
				Chris Tschinkel, Megan Wachs,			
				Diane Walton, David Zovickian			
				<b>Helpers:</b> Cynthia Barnard,			
				Joni Beemsterboer, Heather			
				Bhide, Laura Burtch-Zovickian,			
				Andrew Cassidy, Brendan Crow,			
				Dotti David, Pauline Farmer-			
				Koppenol, Nancy Friedman,			
				Joe Gannon, Susan Garfield,			
				Sheila Gleeson, Margaret Healy,			
				Gregory Hicks, Lucy Hoff,			
				Nancy Hornor, Tom Hunt,			
				Elizabeth Jay, Jean Lamming,			
				Sean Lavelle, Mickey Lavelle,			
				Kent Myers, Pete Neubauer,			



## DOLPHIN LOG SWIM STATISTICS

37	Hal Offen	1:35:21
38	Tom Partridge	1:35:22
39	Cory Sturtevant	1:35:39
40	Sheila Gleeson	1:37:27
41	Ken Coren	1:37:50

**Pilots:** Marcus Auerbuch, Greg Bailey, John Blackman, Laura Burtch-Zovickian, Barbara Byrnes, Linda Carter, Lowen Cattolico, Thomas Davis, Paul DuBois, Jon Grunstad, Tim Harsch, Reuben Hechanova, Francisco Hernandez, Terry Horn, Jenn Jackson, Brian Kiernan, Robert Mackey, Joe Marena, Meredith May, Tom McCall, Miguel Melendez, David Nettell, Richard O'Hara, Joseph Omran, Will Powning, John Robiola, Marc St Raymond, Elizabeth Tippin, Megan Wachs, Diane Walton, David Zovickian **Helpers:** Michael Barber, Vito Bialla, Robert Blum, Andrew Cassidy, Michelle Cherrick, Cynthia Colebrook, Ryan Dalton, Eileen David, Sally De Moss, Jim Ebert, Randy Edwards, Jennifer Frost, Brian Gilbert, John Henderson, Clinton Hendler, Pia Hinckle, John Hornor, Nancy Hornor, Tom Hunt, Bryn Kass, Mickey Lavelle, Jacqueline McEvoy, Lorna Newlin, John Nogue, Catherine Nottage, Hal Offen, Robin Rome, Gina Rus, Sibylle Scholz, George Shafer, Ben Shaw, Kathleen Sheridan, King Sip, Suma Snehaltha, Andy Stone, Rory Tuttle, Janice Wood **Test Swimmers and Pilots:** Andrew Cassidy, Peter Cullinan, Ryan Dalton, Jim Ebert, Jennifer Frost, Renee Kaufman, Melissa

King, John Nogue, Joseph Omran, Luca Pozzi, Claudia Bicho, John Blackman, Ross Browne, Robert Cable, Dotti David, Adam Eilath, Joe Gannon, Douglas James, Brian Kiernan, Joe Marena, Tom McCall, Tom Neill, David Nettell, Ben Shaw

### Fort Point Swim JUNE 14, 2015

Place	Name	Time
1	Adam Eilath	59:02
2	B. Lewkowitz	1:01:20
3	Emily Kreger	1:11:53
4	Nicholas Egan	1:13:08
5	Patrick Dinan	1:19:14
6	Kate Webber	1:19:24
7	R. Edwards	1:20:44
8	J.Fahlbusch	1:21:16
9	Ashley Horne	1:28:26
10	Kevin Meisel	1:29:03
11	V. Hoenigman	1:30:29
12	Laura V. Horn	1:32:04
13	Tim Smith	1:33:27
14	Kala S-Presser	1:36:37
15	Andrew Cassidy	1:43:09
16	John Lennox	1:45:07
17	Duke Dahlin	1:48:43
18	Mauricio Prieto	1:50:30
19	George Shafer	1:50:49
20	Vito Bialla	1:52:51
21	M. Cherrick	1:53:01
22	Mickey Lavelle	1:56:27
23	Paul Wolf	1:57:49
24	Robert Cable	1:59:03
25	Sean Lavelle	2:03:23
26	Peter Prato	2:04:10
27	Bryn Kass	2:04:28
28	Steve Carlson	2:05:28
29	Robert Blum	2:07:31
30	Gina Rus	2:15:19
31	Joel Moore	2:17:31
32	Thomas Kuglen	2:24:38
33	Walden Browne	2:26:36

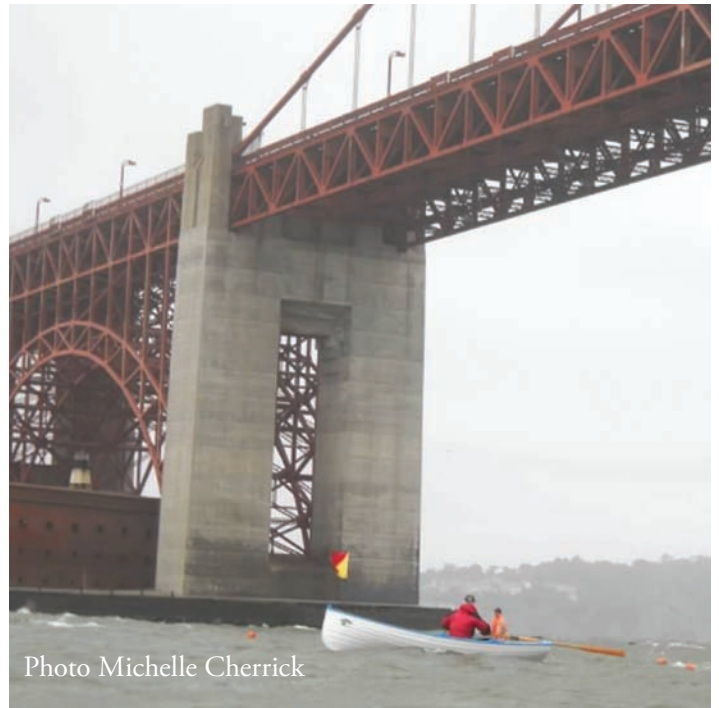


Photo Michelle Cherrick

*The long row back.*

**Pilots:** Marcus Auerbuch, David Bennett, Jon Bielinski, Robert Callan Jr., Dotti David, Paul DuBois, Jon Grunstad, Kelley Heye, Terry Horn, Liz Kantor, Brian Kiernan, Will Kushner, Robert Mackey, Joe Marena, Tom McCall, Andrea Morgan, David Nettell, Richard O'Hara, Joseph Omran, Will Powning, William Schroeder, Chris Tschinkel, Megan Wachs, Diane Walton **Helpers:** Lindzy Bivings, Robert Blum, Andrew Cassidy, Cynthia Colebrook, Chase Corum, Charlie Cross, Sally De Moss, Patrick Dinan, Jim Ebert, Nancy Friedman, Susanne Friedrich, Brian Gilbert, Sheila Gleeson, Lewis Haidt, Richard Haymes, Gregory Hicks, Lucy Hoff, Tom Hunt, Aniko Kurczinak, Mickey Lavelle, Janice McCall, Jacqueline McEvoy, Lorna Newlin, Anna Marie Olsen, Thomas Partridge, Daragh Powers, Neal Powers, Polly Rose, Sibylle Scholz, Eric Shupert, Vicki Smith, Erica Sutherland, Kathryn Werhane **Test Swimmers and Pilots:** Peter Cullinan, Danny De Leon, Hal Offen, Joseph Omran, Aaron Rosenthal, Chris Wagner, John Blackman, Ross Browne, George Chamales, Deirdre Dole, Jim Frew, Tom McCall, Briana McCarthy, David Nettell

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## DOLPHIN LOG SWIM STATISTICS

Doc Howard Over 45 Swim  
JULY 11, 2015

Place	Name	Time
1	Jim Ebert	17:49
2	Stephen Schatz	18:01
3	Julian Sapirstein	19:3
4	Duke Dahlin	19:35
5	Erik Cufino	20:38
6	Erica Sutherland	20:42
7	Charlie Cross	21:29
8	N. Hantzsche	21:30
9	Terry Horn	21:51
10	G. Anderson	22:41
11	Thomas Kuglen	22:44
12	Robert Blum	22:47
13	M. Keenan	23:14
14	J. Beemsterboer	23:42
15	Gabriella Cross	23:50
16	Nancy Hornor	23:52
17	Kate Coleman	23:54
18	Douglas James	24:00
19	Monica Towers	24:24
20	Pete Neubauer	25:19

21	Andy Stone	25:25
22	Dean Badessa	25:30
23	John Hornor	25:37
24	William Burke	25:42
25	Libbie Horn	25:58
26	Anne Sasaki	26:11
27	James Barnes	26:47
28	Robin Rome	26:51
29	J. Mermelstein	27:23
30	C. Barnard	27:24
31	Janice McCall	27:27
32	Will Powning	27:43
33	Michael Barber	27:44
34	Kent Myers	28:05
34	K. Werhane	28:05
36	K.Vandergrift	29:16
37	Vicki Smith	29:39
38	Susan Lauritzen	30:08
39	Sheila Gleeson	30:54
40	John Ingle	32:24
41	Grasshopper	32:26
42	Sibylle Scholz	34:16
43	Stan Baker	34:33
44	V.Critchfield	34:37

**Pilots:** Jon Bielinski, John Blackman, Paul Brady, Robert Cable, Lowen Cattolico, Brendan Crow, James Fahlbusch, Keith Howell, Davis Ja, Brian Kiernan, John Lennox, Joe Marena, Tom McCall, David Nettel, Richard O'Hara, Hal Offen, Megan Wachs, Paul Wolf **Helpers:** Lisa Adrian, Gregory Anderson, Dean Badessa, Stan Baker, Tyler Burton, Andrew Cassidy, Ken Coren, Victor Critchfield, James Fahlbusch, Nancy Friedman, Jon Grunstad, Norman Hantzsche, Byron Harbour, John Hornor, Nancy Hornor, Tom Hunt, Recep Iscan, Elizabeth Jay, Loretta Madden, Janice McCall, Katie McCall, Bri McCarthy, Jacqueline McEvoy, Alex Migoushov, Pete Neubauer, Lisa Newman-Wise, Era Osibe, Robin Rome, Polly Rose, Denise Sauerteig, Deborah Sherwood, Tim Smith, Cory Sturtevant, Erica Sutherland, Moniica Towers, Cheryl Wallace, Crissa Williams

**Thanks to members' spouses** Ayako Kanamatsu, Molly Sturtevant

**Special helper** Kennedy Williams



Megan Wachs

*Dolphin Club's Cumulus Word Cloud Arising out of the Survey - See President's Report opposite*



## Club Survey

As a follow up to my report, from the Spring 2015 Dolphin Log, the Capacity Committee produced a survey to help create a formal strategic plan for the Club. We had approximately 900 Dolphins take part in our Member Experience Survey, which provided Membership views and opinions about critical elements of our club. The information we received is abundant and very useful for our focus. Thanks for the overwhelming response!

### Here are some high-level themes you shared in your comments:

- \* Locker Issues
- \* Volunteering
- \* Stewardship
- \* Training
- \* Forums
- \* Cleanliness of Club
- \* Money needs
- \* Integration of New Members
- \* Quantity of Current Membership
- \* Long term building projects
- \* What to preserve, much of the basics: access to the water, the facility, culture/tradition, respect, camaraderie, community etc.
- \* Weight room, kitchen, handball court, locker rooms, showers
- \* Outside groups & guests, and much more!

### And here are some statistical Highlights:

- \* 36% Female and 64% Male responded
- \* 54% are 50 years old or older
- \* 22% have been a member under 1 year and 17% 25 years or more.
- \* 96.53% of our members are pleased or very pleased with their current Club experience
- \* 75% say that the size of the club's membership feels about right
- \* 77% say that we should slow down membership growth
- \* 33.5% of respondents do not have a locker currently
- \* 71% say that the longest a new member should wait for a locker is 1 year.
- \* 14% say that they would give up their locker if there were an additional locker fee
- \* 14% of those who have a locker are willing to share it

A hardcopy of the full set of results and comments, are located in the Staib room.

One of the 27 questions asked was: "What are six words that describe your favorite things about the Dolphin Club?" So here is a collage (courtesy of Megan Wachs) of some of those words that beautifully capture our club culture: We are still working through the information and formulating some potential changes. The results of the survey will be an invaluable tool for the Board, as it plots initiatives to be achieved over the next five to ten years.

### The Board did approve the following two motions:

Motion: To bring a request to SF Rec & Parks to establish a locker fee of \$100 annually for regular members and regular senior members. Action on Motion: Passed with 9 votes in favor, 2 against, 1 abstaining.

Motion: To bring a request to SF Rec & Parks to increase dues by 10% for all members who are charged dues in 2016 and have the possibility of inflationary adjustments annually. Action on Motion: Passed with 11 votes in favor, 0 against, 1 abstaining.

The dues increase was long overdue as this unofficial history points out:

- \* In 1981 Regular dues were \$180/yr and \$160 if paid by Jan 31st.
- \* 1982 dues were raised to \$240/yr (\$215 by Jan 31). Life with lockers \$75. Out-of-town \$60.
- \* 1988 dues were raised to \$300/yr (\$275 by Jan 31).
- \* 1992 dues were raised to \$360/yr (\$335 by Jan 31). Life with Lockers became \$100/yr in 1992.
- \* 1998 dues were raised to \$372/yr (\$347 by Jan 31).
- \* 2002 dues were raised to \$432/yr (\$407 by Jan 31). Life with lockers \$150. New member initiation \$50 increased to \$100.
- \* In 2013 the \$25 discount for paying in full early was no longer offered

We are definitely feeling the impact of our membership growth on the building and boat usage. As an example, our 2015 budget has an \$83,000 deficit and our Boat budget was almost depleted as of the end of June.

We hope that folks who do not use their lockers regularly will not want to pay for them and hence, free up some lockers. We are also hopeful that members will be willing to share their lockers. *Please contact a Board member if you would be willing to let go of your locker now.* The Building Committee and Board are still working on potential solutions to address these issues. Some tough choices lie ahead for us but the good news is that they are in our focus.



The Dolphin Swimming  
& Boating Club  
502 Jefferson Street  
San Francisco, CA 94109

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## 2015 DOLPHIN CLUB SWIM & EVENT SCHEDULE

Jan 1	Thu TBD	New Year's Day Alcatraz
Jan 1	Thu TBD	New Year's Day Cove Swim
Jan 11	Sun 8:00 am	*Pier 41
Feb 7,8	Sat/Sun 9:00	24 hour cove relay
Feb 15	Sun TBD	Old Timer's Lunch
Feb 22	Sun 9:00 am	Dick Beeler Crazy Cove
Mar 14	Sat 7:00 am	McCovey Cove Regatta
Mar 21	Sat 10:30 am	*Gas House Cove
Mar 21	Sat 11:00 pm	End of Polar Bear
Apr 11	Sat 8:30 am	*Pier 39
Apr 18	Sat 9:30 am	*Yacht Harbor
May 10	Sun 7:45 am	*Bay Bridge
May 16	Sat TBD	Rowers Dinner
May 31	Sun 8:45 am	*Crissy Field
Jun 1	Sun	100-Mile Swim Begins
Jun 14	Sun 8:15 am	*Fort Point
Jun 21	Sun 8:00 am	*SE/DC LGBT Pride Swim
Jul 11	Sat 6:00 pm	*Doc Howard Over 45 Gas House Cove
Jul 18	Sat TBD	*Trans Tahoe Relay
Jul 25	Sat 4:00 pm	Under 30 Cove Swim
Aug 1,2	Sat/Sun TBD	*Santa Cruz Pier Swim
Aug 15	Sat 10:30 am	*Coghlan Beach (fun swim)
Aug 23	Sun 7:25 am	Joe Bruno Golden Gate
Sep 12	Sat TBD	Lou Marcelli 12 hour cove relay
Sep 19	Sat 9:20 am	Alcatraz
Sep 26	Sat TBD	Dolphin/South End Triathlon
Oct 4	Sun 11:00am	Walt Schneebeli Over 60 Cove
Oct 17	Sat 8:10 am	Escape from Alcatraz Triathlon
Oct 31	Sat 11:00 pm	100-Mile Swim Ends
Nov 14	Sat TBD	Pilot Appreciation Dinner
Nov 26	Thur 9:00 am	Thanksgiving Day Cove
Nov 27	Fri	Grizzly Bear Challenge
Dec 20	Sun 9:00 am	New Year's Day Qualifier
Dec 21	Mon	Start of Polar Bear
Dec 21	Sun TBD	Polar Bear Swim Begins
Dec 31	Wed 11:59pm	Grizzly Bear Challenge Ends

### ROWING TRAINING

These Saturdays as 9:00 am

January 24, Saturday

February 21, Saturday

March 21, Saturday

April 18, Saturday

May 23, Saturday

June 20, Saturday

July 18, Saturday

August 22, Saturday

September 19, Sunday

October 24, Saturday

November 21, Saturday

December 19, Saturday

Intro to bay swimming *usually*  
offered Saturdays *or* Sunday  
after Board Meetings, check  
website [www.dolphinclub.org](http://www.dolphinclub.org)

### SWIM PROGRAM RULES

1. Club scheduled swims are restricted to club members only.
2. Swimmers are required to wear fluorescent orange caps on all scheduled swims.
3. "Swimmers cannot use "swim aids" for any timed swims. Swim aids include, but are not restricted to, fins, wet suits, snorkels, etc."
4. For out-of-cove swims, swimmers must be members in good standing with club dues current, \$40 swim fees paid, and a current PMS card on file. In-cove swims are free and open to all members.
5. New members are not eligible to swim in scheduled out-of-cove swims for six months from their membership start. However, if one successfully completes the 100-mile swim or 40-mile Polar Bear swim before their six months are up, they can participate in out-of-cove swims.
6. Swimmers must be in attendance at briefing prior to each swim in order to participate.
7. Time limits are imposed and enforced for all swims.
8. All club boats are reserved for scheduled swims.
9. In-town members must successfully complete three swims and pilot or help on at least two others.
10. Out-of-town members (those residing 100+ miles from the club) must have successfully completed two of the last three club scheduled Alcatraz and/or Golden Gate swims or meet Rule 9 above.
11. \* Indicates swim is a qualifier for Alcatraz and Golden Gate Swims

Alcatraz Island  
1.4 miles

Fort Point  
3.5 miles

Crissy Field  
2.5 miles

Yacht Harbor  
1.5 miles

Gas House Cove  
1 mile

Aquatic Park Cove

Pier 41½  
1.2 miles

Pier 43  
1 mile

*All times are approximate & subject to change.  
TBD means "to be determined".*



FALL 2015

# DOLPHIN LOG

THE BULLETIN OF THE DOLPHIN SWIMMING & BOATING CLUB • SAN FRANCISCO • ESTABLISHED 1877





# Once 'Round the Cove

## Dolphin Log

Keith Howell, *Editor*  
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Story Rafter, *Proofreader*

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Walter Schneebeli

## Published By

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[www.dolphinclub.org](http://www.dolphinclub.org)

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Marenda, Brendon Crow, John  
Nogue  
*Run Commissioners* Chris  
Tschinkel, Natazha Bernie  
*Rowing Commissioner* Jay Dean

## Cover

A week after a Great White shark attached a sea lion off Alcatraz, Dolphins began the annual Escape from Alcatraz. *Photo Marianne Dean.*

## Printing

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Prepress  
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## Editorial Policy

Submission of any and all material to the Log editors from any and all authors constitutes an agreement between the authors and the editors. This agreement gives to the editors the right to alter the submitted material in any way that the editors feel will improve the material for Log readers. Decisions to alter or publish submitted material will be the decision solely of the editors.

## Alexander Pape



Alexander W. Pape was a Dolphin Club hero a century ago. Alex joined the club in 1896 and became a well known swimmer, an undefeated West Coast rowing champion, and was later recognized as the best SF Bay swimming pilot of his era.

Alex's great granddaughter, Sally Ericksen, made her first visit to the club on September 9th. She met with Morgan Kulla who leads our history and archiving project. Sally shared family stories and displayed photos of Alex along with his many championship medals.



*Sally Ericksen, Alex Pape's great granddaughter visits with Morgan Kulla.*

For more information about Alex Pape and his great achievements, refer to the club website, [DolphinClub.org](http://DolphinClub.org), and click on the About and Historic Photos tabs.

**Thank you so much Mark and Sunny!**  
**Congratulations on your energy and joy.**

I would bet that there isn't a community that wakes at dawn, journeys to their spectacular beach clubhouse, dives into open water to swim from a landmark island, bicycles across an historic bridge with breathtaking scenery, runs up a mountain to the sea and back, and then meets up with their fun-loving volunteer support team at a hopping bar and buffet dinner. This sounds like a functional family to me.

Bravo for all who cohesively, collaboratively,

cooperatively, and creatively make this happen. It's one-of-a-kind in the world. Highlights: Anthony finishing his 20th successful Escape and getting up to MC the dinner and awards event. (As usual). The power of so many participants coming back for 20+ years; SERC and DC doing this without rivalry after just a few weeks ago being at loggerheads for the annual TRI; "Escapees cleaning up the galley and clearing tables at the end of the evening"; Pete and Meg taking care of the precious athletes all day; Mother Nature doing her best; The individual tales of the trail and the cours(s). The news

reporters coming in this year and looking for a sensational story when the real sensation was US!

Thank you, especially, to the volunteers who prepare and present the evening feast. It's the 4th event in the Escape, and of course, my favorite.

Yours truly,  
Robin

The seal of approval  
Is down for removal.  
Who needs a predator  
With a shark for your creditor?  
Fate of humans? Unknown  
If you can't float a loan.

*Joe Illick*

## Marty Robin 1945-2014

Marty Robin, passed away in October 2014 and is missed by many including her husband, George.

She became a Dolphin Club member in (approximately) 1997 after promising to Cecco Menuci shortly before his passing, that she would join the Club. She enjoyed the people, the Bay and caring for numerous babies of Dolphin parents while they swam, several of whom are now adult members.

Marty was the brains behind the Dolphin Swim Fund's Cajun Gumbo fundraising event for which numerous requests have guaranteed a repeat event in her memory to be announced.





# For the Birds

Sid Hollister

photo Sunny McKee



*As long as two mallards walk the deck, they will always be Lou's Ducks.*

Any swimmer or rower who has felt the whoosh from a sea gull streaking over your head knows that we live with birds—as well as harbor seals, sea lions, and, well, other more threatening creatures. When I joined the club over 25 years ago, our Cove and beach were alive with birds—red-breasted mergansers, western grebes, surf scoters (small and black with a butter nose), Forster's terns, snowy egrets (with yellow feet), double-crested cormorants, and several kinds of loons and gulls. When Lou Marcelli started putting out cracked corn in a dish of water, mallard ducks also became regular visitors, Dolphin pets. Their food, spilled near its storage tub and around the water-filled dish, also attracted rats and mice. Quite a few of them. That was one reason the corn feeding was stopped. There was another reason, and that's really my subject. How do we co-habit with our avian neighbors without putting them at risk?

When we make contact with another species, feathered, finned or

flipped, we feel more a part of the larger natural world and get a glimpse of how it works. Feeding Lou's mallards fit that appealing pattern. It also encouraged the mallards, a few years back, to nest at the far end of the Cove near the Sea Scouts, where there is no grassy cover. When the duck glided out into the cove with her ten or more ducklings in a queue behind her, she was one proud mama. When she turned around to head back to the scouts' pier, her ducklings were gone, snatched one by one by sea gulls. Mallards got the message and have not nested there since.

Turnabouts are sometimes fair play, as a pair of western gulls found out when they nested on the Club roof, next to Lou's Lair. They fledged a couple of chicks the first year, lining up with other gull parents on our pier to keep an eye on the creche, or nursery, of fledglings that annually clusters on the water just to the west of the pier. The kids were clumsy and demanding, of course, but the parents were the

ones that made a mess on our pier, creating treacherous footing for our rowers for several months. Hey, the Cove is theirs, too. The second year, the gulls returned for another go, but both left the nest at the same time one day and opportunistic ravens got their eggs. Learning from the mallards, the gulls have not nested on the roof since.

Birds are creatures of habit, but smart enough to avoid returning to unsafe nesting places. We do not help them out by luring them to those places with food. The Mallards will do just fine without our help (though they are endearing creatures). Our Cove bird season—winter and spring—is already here, with sightings of red-throated and common loons and a common murre, so enjoy their often magical presence. In the spring, as happened last year, a common loon may molt into its splendid black and white attire, keeping a cautious eye on us as we swim by. Say hello.

# The Chateau d'If de Monte Cristo, *Marseille 2015*



photo Marcus McRitchie

*Chateau d'If, Marseille's Alcatraz, where Alexander Dumas imprisoned the Count of Monte Cristo is now the site of an annual swim.*

*Every year some 700 athletes plunge into the waters off  
Marseilles to commemorate a swim-that never happened.*

*Peter Bartu*

A decade ago, my erstwhile high school buddies from Australia and I agreed to swim together somewhere on the globe every other year as a way of keeping in touch. An open slate, the only criteria for a swim race was that it should be in an iconic location and preferably unpolluted water. Life occasionally got in the way; relationships, health and work. But we kept at it and have racked up a many good innings to include Alcatraz, Manhattan's Liberty Bell swim, Busselton Jetty and Rottneest Channel in Western Australia, the Bosphorus, Bondi-2-

Bronte, Auckland Harbor, Bondi Roughwater and the Greek Island of Kythera. We had long eyed the eclectic offerings of France and Italy and based on a whimsical coin toss settled for Marseille's Monte Cristo challenge over the Messina Straits in Sicily. These swims open for on-line registration in February each year and sell out fast. Pleading fraternal ties between Oz and France we wrote the organizers and secured four places in the 2km and 5km events 'sans palmes' (without fins) for the princely sum of €45.

We booked our flights, rented a

palatial apartment in the downtown port area for four nights for less than \$100/night each and began deep immersion training. I re-watched "The French Connection", "La Ville est Tranquille" and listened to Munk's 'Rue de Rome' as Berlin's electric funk duo's take on Marseille's famous boulevard. This is a city with a history, where North Africa and the Middle East cling to France and mingle with fishermen, the French Foreign Legion and rustic Aix-En-Provence. But dramatic geography and reputation have shielded Marseille from the ersatz feel of its eastern



neighbors; St Tropez, Cannes, Nice and Monaco, a cultural divide that won't be bridged anytime soon.

Our swimming trips away generate their own rhythm. There is the first night of exploration and reunion; endless talk, carousing, staying up late. Day two concerns race check-in, a look at the course and a yoga class to loosen up from the long flights; it's still competitive after all. We checked out the corniche and the Plage du Prado where the main action would take place, got our bearings and enjoyed sunset with a Kir Royale and Pernod to settle pre-race nerves. Luckily our residential palace was above the 10Vin bar and proved to be the place to be for anyone over forty where the patrons kindly tolerated our school yard francais and laughed heartily at just about anything anyone said.

Day three down at the beach for the afternoon's 2k sprint: we gathered in the gale-swept Red Bull tent with hundreds of others for the pre-race briefing in a language we didn't understand with anarchic white caps like a Turner painting for the back drop. With gusts to 30 knots the race was reduced to a short course of 1500m. Ninety-five percent of the swimmers were in wetsuits, which seemed a little odd for June in the Mediterranean but the water was surprisingly cool

at about 61F. More odd was that no distinction was made in any of the races for wetsuits and non-wetsuits. Other cultural standouts were the pre-race double espressos and four swim commissioners valiantly puffing Gitanes surrounded by 700 swimmers – a scene repeated for Sunday morning's 5km event. Maybe it was not quite understanding what was going on that made me feel a little uneasy. I had been traveling in the Middle East for the previous three weeks with not even a pool to leap into and average temperatures never below 100F, even at night. So, 5km without a wetsuit in 61F water had become a slight challenge. Fortunately the wind dropped on the Sunday. I noted a couple of suitcase drones being prepared to follow the swimmers along the route. Although I never saw them during the swim it seemed a sign of the times.

We made our way by several large boats to the Isle Chateau d'If, where according to the Dumas novel, the Count of Monte Cristo made his victorious escape sown in a sack for dead prisoners and thrown into the water. He swam to freedom; hence today's event. Swimmers were deposited on a tiny dock on the island and made to wait. At 10am the first tourist boat from Marseille put their clients on the same dock, which became quite crowded. Finally, we were invited into

the water and I made the mistake of jumping in at the last minute to avoid hanging about. Not having too much faith in a swift start, I wanted to keep as warm as possible. And while this worked to a degree, once we did get going I had to thread my way through a forest of 700 wetsuits for almost a mile before I got clean water. Between trading body blows and the odd eye gouge I figured I could just about run across the top of them.

By mile two I was into a nice space watching the corniche off to my left and open water out to the right. The water was so clear I saw some small fish. Before long I emerged under the finish boom in 1:31 and was soon warming up to techno sounds in the swimmer's pavilion. Later in the evening we enjoyed the summer solstice party where, as in other French cities, the town folk enjoy impromptu street celebrations with DJs on every street corner and food till the early hours.

Marseille and the Monte Cristo Challenge are a pretty good combination. If you can get a good flight, the swim event costs nothing and excellent accommodations and food are available. And, as you gaze a final straight shot down the Rue de Rome at three in the morning you know it's been there forever and you are a part of history.

.....



photo Marcus McRitchie

*Swimmers round the island and head for Marseille.*

# 'Phins Return to the Maui Channel Relay

Joe Marenda



*DC's Maui relay team 2015: Aniko Kurczinak, Charlie Cross, Lisa Newman-Wise, Brendan Crow, Joe Marenda, Chris Wagner*

In September, the DC fielded its first Maui Channel Relay team in several years. In the 1980s the club was a major force in the relay, but interest waned over the years. The 2015 team was Charlie Cross, Brendan Crow, Aniko Kurczinak, Joe Marenda, Lisa Newman-Wise, and Chris Wagner.

The annual Maui Channel is a 9.5 mile crossing from Lanai to Maui, held over the Labor Day weekend, with each team chartering a dedicated support boat. The swim takes most teams between three and five hours and conditions vary from year to year from benign to brutal. This year, the 44th, was benign.

There are eight different team categories--by cumulative age, single gender, and mixed gender. Our team, "Polar Bears on Vacation," swam the event in just over 4 hours, with everyone swimming one 30-minute leg and one 10-minute leg (the rules require 10-minute cycles in the same order in which the initial 30-minute legs took place until the team finishes). The final swimmer got in a bit more time (an extra 1 minute 30 seconds of swimming, navigating a heavy shore break, and running up the beach to the finish).

Charlie arranged to have the Maui Jim boat (the sun glasses company) as our charter and its captain handled the

boat and plotted our course superbly. We couldn't have asked for better.

Conditions were ideal because the hurricanes to the northeast were suppressing the normal trade winds, which meant the water was flat. So ideal that an Australian team (the "Tattersalls"), comprised of some of Australia's fastest open water swimmers, swam in 2 hours, 45 minutes, 20 seconds, smashing their old record by about 3 minutes. It was a privilege to watch them at the start, but they were soon out of sight.

Everyone enjoyed the swim, but the water temperature was 15 degrees warmer than the Bay and that was a shock to us. Lisa had the best and worst encounters with nature. While she was swimming, several large pods of spinner dolphins came through the swim. Lisa also had an encounter with what we think was a box jellyfish, which left a painful swollen area on her arm, but she continued on for the rest of the race.

Hopefully more Dolphin teams will participate in future years. Beating the Tattersalls, who have won the last nine relays might be a tall order, but there are many different categories in which to compete, or just swim and have fun as we did. Registration typically opens in April or May.

## ***Lanai to Maui Solo Attempt Interrupted***

The day before the relay, Lisa, Brendan and I left before dawn for Lanai. The plan was for me to make a solo crossing as preparation for my Catalina attempt. Brendan would be the official observer and Lisa would swim some, or all, of the Channel too.

Heavy rains had turned the waters around Lanai into murky, red water. Lisa and I jumped into the water and swam to shore without a clue as to what was under us. The coral turned out to be the biggest danger. After a dry-land start, we made our way slowly past the coral heads and into the sapphire waters of the Maui Channel.

Conditions were again ideal. The sun was rising over Maui, which was beautiful, except we were swimming into its constant glare. We were both stung multiple times by the ever-present man-of-wars (think sharp but brief electric shocks, which each elicited a yelp that made it easy for the observer to enter the event into the log. After an hour or so, Lisa got back in the boat planning to rejoin me later.

The Channel is a desert. The only sea life is traversing between destinations. The water is deep blue and there is a prism effect due to its clarity. I felt incredibly happy.

At one point, I noticed what I thought was a small, 18-inch or so,





*A tiger shark shadowed Joe Marenda during his solo attempt across the Maui Channel*

fish which appeared to be about 2-feet below me. I was excited that there was finally something to look at because I was getting a bit bored. After a couple more breaths, the fish was still there. So, I started taking a closer look, because, after all, there was nothing else to see. What follows is the rough sequence of my thoughts, which were running a bit slow after a couple of hours in the water:

Huh, that fish is still there.  
(Another three count breath). I wonder what kind of fish it is?  
(Another breath). Let's see, its striped, light grey, dark grey, light grey, dark grey.... (Another breath). Hmmmmmm. I better take a closer look at this fish, there's something

about that pattern that is making me a little worried. I stop and tread water, staring down at the little fish to get a good look at it. It has sharp, pointed pectoral fins and a blocky head. At this point, I got a good sense of perspective and I realized that it wasn't a little fish a couple of feet below, it was a big tiger shark 20-30 feet away.

I yelled "SHARK!!!" and proceeded to swim the fastest 25 yards of my life, barely touching the water as I motor-boated across the surface. I don't recall anything between yelling "SHARK" and heaving myself into the boat, except the fear that the shark would catch me right as I was climbing aboard, like they do in the

movies. Incidentally, Hollywood has shark movements all wrong, this one barely moved its fins as it glided easily through the water.

As I slowly recovered, we had a discussion about open water rules regarding sharks. It turns out that the Cook Strait in New Zealand is the only channel swim where it is OK to get out of the water for 10 minutes to let a shark leave the area—exactly how many sharks are there that this rule is needed?! While the swim no longer counted because I had gotten in the boat, I jumped back in the water because this was just a training swim. When I jumped in, I expected to see a shark's mouth lunging at me through the haze of bubbles, but there was nothing. The shark had moved on. But I kept frantically looking around and realized that I'd be worrying for the next two hours so I decided to call it a day.

In retrospect, the shark could easily have bitten me if it had wanted to, and could have done it long before I knew it was there. I guess that it was just curious why that odd-looking Dolphin was so far from home.

The Maui Channel Relay rules do allow for swimmers to get in the boat and to be repositioned without making any forward progress, for any reason, including adverse currents --and sharks.



*Lisa Newman-Wise, husband Brendan Crow and author Joe Marenda in tropical war paint.*

# *Let the waters bring forth abundantly the moving creature that hath life*

*Joe Illick*

**A**dam was the first man in the Fort Point swim, butterflying as he crossed the finish line with no one near him. Later in the day, when he introduced himself, we discovered that his wife's grandfather, long deceased, had been a friend of mine back in the day – back in the day when I was still on dry land, before I met Dan Osborne and Bob Danielson in Masters swimming as a prelude to joining the Dolphin Club. Later shivering in the shower with Larry Scroggins as he described his third swim of the day on his way to winning the polar bear.



*Newest Dolphin torpedo  
Adam Eilath*

I stood – or swam – in awe of these giants, starting almost every morning in the water with John Pelka, George Kebbe, Ted Tilles and Phil Rollins.

But this was a new, super-prepared generation. A native of Toronto, Adam Eilath summered in Israel, where at the age of five his mother took him into the sea and insisted he swim from her to each of her eight sisters. An aunt-to-aunt course is not everyone's earliest water experience, but it was the beginning of swim team participation for Adam. ("I was tall for my age, but at six much the youngest swimmer on the Toronto team. My older sister also served as a model.")

From the age of 12 until he left high school, Adam was swimming twice daily, 4:45-7 AM, 4-6:30PM, and competing. He swam on the McGill University team from 2005 to 2009 ("a good group but not quite the caliber

of some of the U. S. teams I passed up on so I could be with my girl friend at McGill").

Adam peaked in high school. ("Everyone I trained with went to the Olympics.") What has held him back, he believes, is his inability to swim faster in competition than in training. Although this summer he broke the Masters' record in Israel for the long course 800 Free (9:14), he believes his swimming future lies in long distance ocean swimming. "I don't get tired," he observes, "and I seem to have the ability to choose the right course."

When he was at McGill he took his junior year in Israel, largely because his grandfather was in Jerusalem. At Hebrew University he met his wife, Lauren. He went back to Toronto and she to Seattle, but commuting between the two convinced them to return to Israel, where he entered graduate school in philosophy at Tel Aviv University. They married in 2012 and came to San Francisco so she could attend Hastings Law School; he has been teaching and coaching at the high school level, currently at the Jewish Community High School.

Adam is signed on for the English Channel in July 2016. He believes he can make the Israeli Olympic team in open water swimming. But as for now he is happy right here. "I love the Dolphin Club," he said with a smile. And, watching his spectacular finish in the Yacht Harbor swim against the South End, the Dolphin Club reciprocates.

Before meeting Adam I had run into Brendan Crow in the sauna, where we had several discussions about his preparation for entering medical school. Like Adam, Brendan was well prepared for the water. He began early – at the Charlotte [NC] Aquatic Center under the tutelage of international swimming Hall of Fame mentor Frankie Bell, a legend in North Carolina swimming. Competing from elementary school through high school, he went on to



*Brendan Crow*

join the collegiate team for four years at UNC-Wilmington, longtime best in its conference at the time.

He temporarily got out of the water when he joined a software company in Madison, WI, in 2008 and later traveled in Western Europe and Guatemala contemplating a new career. Finally out of money, he returned to software at a hospital in San Francisco, already interested in patient care and later influenced by Dr. Tom Nuckton of the Dolphin Club, which he joined in 2012.

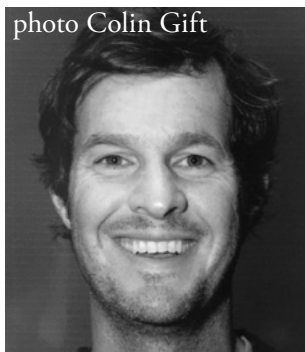
By this time he had returned to swimming and he began 2013 by meeting his future wife, Lisa Newman-Wise on the Alcatraz New Year's Day adventure. He won first after first in the events of that year but was drawn into piloting and coordinating more, swimming less. Although he and Lisa swam the Bay to Breakers in May 2014, he spends most of his club time as a swim commissioner and far more hours preparing to enter medical



*Lisa Newman-Wise*



photo Colin Gift



*David Bennett*

school in the fall of 2016.

Which means, he says, that after 2-1/2 hours in the water he hits a wall and swimming becomes more drudgery than fun. Others of us don't last quite that long.

Brendan brought Lisa to my house for dinner before they married. She is from an athletic family which served in the diplomatic corps, so when she began competitive swimming at six it was in Tokyo, followed by the same in Paris middle school, and Vienna high school, not to mention summers in Lake Ontario and the St. Lawrence River.

But at Princeton she chose rugby as her sport, and afterward she went for triathlons. Always, she says from her desk at Deloitte Consulting, there have been other sports. She and Brendan were married at the Dolphin Club in early August, the Reverend John Nogue officiating.

David Bennett, a bibliophile whom I also encountered in the sauna, is another fan of many sports, having spent his high school years (1991-1994) playing football and lacrosse (a team photo reveals a much, much heavier David). Not until 1997 did a friend show him how to workout in a pool,



*Kate Webber*

and he began using winters to train off-season from cycling. He swam his first Alcatraz in 2005, and began swimming regularly in the cove when he moved from Sonoma to San Francisco in 2009. He did not, however, join the Dolphin Club until September 2014, after which he successfully took on the swim from Point Bonita in May 2015.

David's wife Page met Kate Webber through their mutual work as photographers. Kate had begun swimming at age four in Stamford, CT, became a summertime swim club competitive swimmer, continuing that activity through high school and a year at Bucknell University. It was David Bennett who got her into the Bay 2 1/2 years ago but Peter Prado, another photographer, who introduced her to the Dolphin Club in May 2014. Currently Kate is making a film on



*Peter Prado*

Kim Chambers.

Peter Prado began his water career by jumping into his grandfather's pool in Williamsport, PA, a foray quickly ended by his alarmed parents. He took the high ground with baseball and gymnastics in high school, and then migrated to UC San Diego, where he surfed and continued riding the waves at Ocean Beach after he moved to San Francisco in 2003. His co-worker Carrie Sloane brought him as a guest to the Dolphin Club, but he didn't join until 2013, when "I fell in love with it." He swam Fort Point in less than an hour and thought he had conquered the Bay until he tried again and was immersed for over two hours, lagging behind Blake Lewkowitz (1:01:20) who was bested only by Adam (59:02).

Blake had already won Yacht

photo Colin Gift



*Blake Lewkowitz*

Harbor and Bay Bridge, as well as the shorter swims, and went on to capture the Ladies Cup for 2015. Raised in Arizona, Blake entered the pool at two, but unlike Peter he remained, getting into competitive swimming almost before he could walk. He swam through high school on a club team, then joined the collegiate natators at Harvard. After a couple of years in Columbus, he returned to California, where his famous father-in-law, Steve Pratt (multiple club wins in 2006 and 2007) took him to the Dolphin Club and now shares a locker with him.

Sharing Top Ten honors with Blake and Adam in Yacht Harbor were, among others, Ryan Dalton, Kevin Meisel, Ashley Horne and Andrew Wynn.

Ryan, a research fellow in neuroscience at UC Berkeley and part owner of a micro-brewery in SOMA



*Kevin Meisel*



*Andrew Wynn*  
(continued on page 17)

# Swimming from France to Italy

David Rich

The shimmering water of the Bonifacio Channel off the north coast of Sardinia is a kaleidoscope of blues that is impossible to ignore. Its peaceful beauty belies a complicated history over thousands of years including dozens of battles as warring nations sought control of the island's position in Mediterranean trade routes. The Kingdom of Sardinia came into being in the 14th century and even though it ceded to Italy after WWII, the proud people of the island still remain Sardinians first.

A roughly 10-mile channel separates two islands, Corsica, a territory of France, to the north and Sardinia to the south. I've always enjoyed the challenge of 'getting to the other side,' but in particular if the channel of water connects cultures, even countries. These swims bring me in contact with local swimmers, captains and crews who adopt me and my family for a few days and become part of our adventure.

Having heard of Sardinia's rugged beauty and white sand beaches, my research revealed that just a handful of swimmers had made the crossing. It led me, as well, to our Dolphin Club neighbor, Pedro Ordenes and his Water World Swim organization that did a great job in coordinating my crossing.

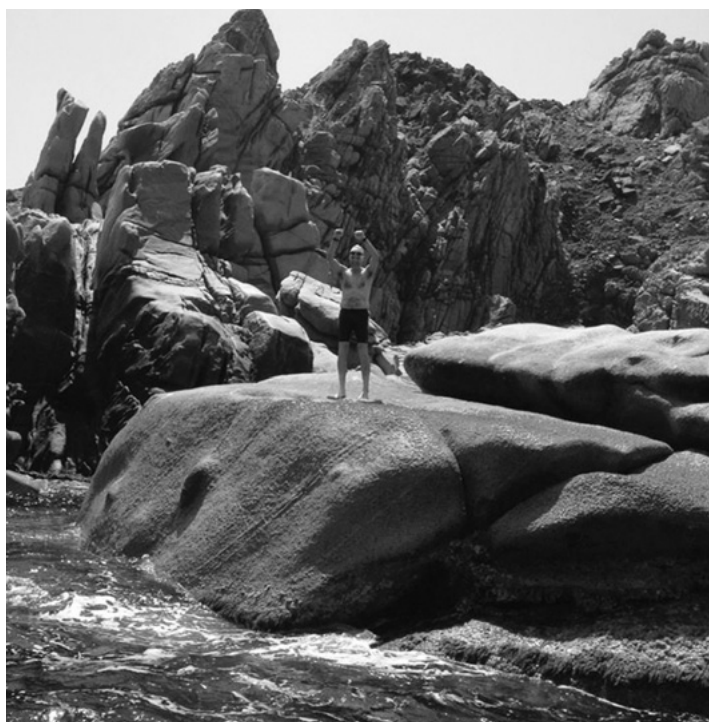
Swimmers in the Mediterranean have to contend with the mistral, the famously powerful winds that descend from Europe and can blow at 30 to 60 miles an hour for days. Though heaviest in the spring and winter, sudden wind and storms can erupt in the Bonifacio Channel at any time. The night we landed on Sardinia, five days of strong winds were forecasted. I found myself agreeing to swim the channel first thing the next morning in an attempt to beat it. Sunrise greeted us with clear blue skies and warm air temperatures that would

rise to the 90s during the day while the water remained in the low 70s. Our team, including a captain and three crew, assembled at the local harbor where we embarked on the trip north to Corsica to start the swim. Halfway across the channel, we could already

us east of our course. Meanwhile the water remained beautifully blue and clear, and I encountered fewer boats or sea life than in previous channel swims. As we course-corrected back toward Sardinia, the decision needed to be made on where to land. I opted

for a rocky point with cliffs that looked like a wind-swept lunar landscape rather than swim further east to a more hospitable beach. I was ready to get out. Scrambling up the cliff to clear the water completely, I turned and marveled at the gorgeous sight of the majestic cliffs of Corsica in the distance and the white caps now surging through the channel. On July 8, after just under five hours, I earned the honor of being the first America to cross the Bonifacio Channel, which we celebrated that evening Sardinian-style with family and crew including our boat captain, restaurateur,

and new-found friend. Another adventure completed.



*David Rich ready to leap into the Bonifacio Channel*

see the wind and swells developing.

Jumping off the boat, I made my way to a small, pristine beach with no sign of development or people. A blast of the horn from the boat and I was off. Though I saw a few jellies at the beginning, I was fortunate not to encounter any more in a region where they can show up in force. Over the first two hours, my progress was good and I felt strong. As we continued toward the middle of the channel, the winds increased in intensity from the west blowing constant, choppy waves causing me to take in salt water. This continued for the next three hours unsettling my stomach and disrupting feedings while pushing



*Pilot Tomasso Muntoni, Pat Tomada-swim coordinator (also South End member living in Italy), David Rich, Guiseppe-doctor on board.*



## A Fall Full of Sensational Swims

**D**uke Dahlin facilitated a fantastic Lou Marcelli 12-Hour Cove swim with fifty swimmers.

Our annual Alcatraz accommodated seventy-six swimmers with sunny skies and plenty of pilots. Hooray for helpers!

The DC/SE Triathlon turned out terrific thanks to tons of new swimmers. Not to forget Adam Eilath's flying finish in first place.

Forty-three Over 60 champions charged the cove in at least three separate swim circuits; swim commissioners need not decide!

And lastly with leadership from Lorna, the 100-mile swim season wrapped up with a costume colored corral on October 31.

Keep an eye on the temperature gauge and a reminder on your calendar for the Thanksgiving Day Cove and Alcatraz Qualifier Swims coming soon. Stay safe and enjoy the water!

*Brendan Crow*

### DOLPHIN LOG SWIM STATISTICS

Under 30 Cove Swim JULY 25, 2015				Stan Baker Cynthia Barnard Andrew Braithwaite Tyler Burton Robert Cable Robert Callan Jr. Lowen Cattolico Matt Clark Charlie Cross Gabriella Cross Peter Cullinan Duke Dahlin Omar Dajani Kathleen Duffy Christian Ebersol Becca Fanning Jim Frew Sheila Gleeson Richard Goozh DennisHannon John Henderson Lucy Hoff Terry Horn John Hornor Nancy Hornor John Ingle Elizabeth Jay Jonathan Kahn Grasshopper Kaplan Renee Kaufman Morgan Kulla Susan Lauritzen Mickey Lavelle Janice McCall Jacqueline McEvoy Jane Mermelstein Andrea Morgan Kent Myers Tom Neill		Lorna Newlin Anna Marie Olsen Thomas Partridge Will Powning Charles Pratt Julian Sapirstein Susan Saylor Kathleen Sheridan Alexander Sigal Vicki Smith Basil Stamos Andy Stone Cory Sturtevant Erica Sutherland Arnie Thompson Monica Towers Chris Tschinkel Rory Tuttle Cheryl Wallace Kathryn Werhane Janice Wood <b>Pilots:</b> Marcus Auerbuch, Peter Bartu, Claudia Bicho, Jon Bielinski, Anthony Brown, Ken Coren, Paul DuBois, Jim Ebert, Pauline Farmer- Koppenol, Susanne Friedrich, Kelley Heye, Davis Ja, Jenn Jackson, Brian Kiernan, Joe Marendia, Miguel Melendez, Abby Morris, David Nettell, John Nogue, Richard O'Hara, Holly Reed, Anne Sasaki, Lance Starin, Caroline Sugnaux, Sam		Vilain, David Zovickian <b>Helpers:</b> Stan Baker, Robert Callan Jr., Andrew Cassidy, Erik Cufino, Peter Cullinan, Becca Fanning, Brian Gilbert, William Herlein, Tom Hunt, Mickey Lavelle, Andrea McHenry, Kevin Meisel, Lorna Newlin, Hal Offen, James Robinson, Julian Sapirstein, Eric Shupert, Andy Stone, Cory Sturtevant, Arnie Thompson, Noah Zovickian Test Swimmers and Pilots: Claudia Bicho, Andrew Cassidy, Peter Cullinan, Ryan Dalton, Jim Ebert, Aniko Kurczinak, Holly Reed, Wolfgang Richter, Anthony Brown, Duke Dahlin, Susanne Friedrich, Margaret Healy, Douglas James, Brian Kiernan, Tom McCall, Deanna Micros, David Nettell, Anne Sasaki <b>Additional helpers:</b> Lorenza Bartu, Andrea Fabian, Gerald Sams	
Five courses were used for the swims. A = complete cove B = triangular cove C = flag buoy and back D = 2nd buoy and back E = end of the pier and back									
Grp	Place	Name	Time						
A	1	Tim Smith	25:04						
A	2	Ben Rosenfeld	27:27						
A	3	Andrew O'Mahony	28:50						
B	1	Lisa Gunaydin	25:48						
C	1	Luca Caniglia	17:34						
D	1	Lorenzo Caniglia	11:22						
E-male	1	Johann Buehlmann	4:00						
E-female	1	Sakura Myers	4:22						
<b>Pilots:</b> Susanne Friedrich, Brian Kiernan, Anne Sasaki <b>Helpers:</b> Peter Bartu, Eileen Buckley, Tyler Burton, Eileen David, Patrick Dinan, Pauline Farmer-Koppenol, Brian Gilbert, Libbie Horn, Aniko Kurczinak, Joe Marendia, Polly Rose, Jari Salomaa, Susan Saylor, Tim Smith									
Coghlan Beach Swim AUGUST 15, 2015									
The Coghlan Beach swim is intended to be a fun swim, which it was, and no times or places were captured. The list of swimmers has been entered alphabetically, and all swimmers completed the swim, earning a qualified swim toward Golden Gate and Alcatraz eligibility. <b>Name</b> Jean Allan Andrea Allen Gregory Anderson									

# DOLPHIN LOG SWIM STATISTICS

## Joe Bruno Golden Gate Swim AUGUST 23, 2015

Place	Name	Time
1	Adam Eilath	23:10
2	Blake Lewkowitz	24:54
3	Jari Salomaa	25:20
4	Noah Zovickian	26:09
5	Tim Smith	28:04
6	Ross Browne	28:13
7	Stephen Schatz	28:18
8	Kevin Meisel	28:39
9	John Selmer	30:27
10	Laura Zovickian	30:35
10	Tom Neill	30:35
12	Randy Edwards	30:52
13	Michelle Cherrick	31:03
14	Sally De Moss	31:43
15	Robert Cable	32:11
16	Elizabeth Jay	32:22
17	David Bennett	32:35
18	John Lennox	32:39
19	George Shafer	32:48
20	Paul Wolf	33:10
21	Erica Sutherland	33:22
22	Morgan Kulla	33:39
23	Sean Lavelle	34:11
24	Danny De Leon	34:29
25	Andrew Braithwaite	34:58
26	Charlie Cross	35:14
27	Mickey Lavelle	35:39
28	Jean Allan	35:49
29	Sam Vilain	35:53
30	Norman Hantzsche	36:00
31	Peter Cullinan	36:03
32	Kathleen Sheridan	36:19
33	Aniko Kurczinak	36:27
34	Terry Horn	36:49
35	Nancy Lange	36:36
36	Becca Fanning	39:28
37	Bryn Kass	39:34
38	Margaret Keenan	40:21
39	Richard Haymes	41:08
40	Gabriella Cross	41:37
41	Pauline F-Koppenol	42:09
42	Renee Kaufman	43:16
43	Ken Coren	43:24
44	Dean Badessa	43:34
45	Holly Reed	43:46
46	Douglas James	44:03
47	Eileen Buckley	44:24
48	Alexander Sigal	45:07
49	John Hornor	45:13
50	Nancy Hornor	45:21
51	Philip Coyle	45:26
52	Robert Callan Jr.	45:30
53	Cory Sturtevant	45:55

54	Lewis Haidt	46:33
55	Jim Frew	46:39
56	Andy Stone	46:51
57	Kathleen Duffy	47:11
58	Jacqueline McEvoy	48:19
59	James Robinson	49:00
60	Anne Sasaki	49:14
61	Libbie Horn	49:46
62	Cynthia Barnard	52:12
63	Joe Illick	52:30
64	Lorna Newlin	53:39
65	Kathryn Werhane	54:12
66	Will Powning	54:25
67	Vicki Smith	57:37
68	Susan Lauritzen	57:50
69	Keith Howell	58:14
70	John Ingle	59:55
71	Kent Myers	1:00:00
72	Stan Baker	1:04:00
73	Sheila Gleeson	1:06:13

**Pilots:** Marcus Auerbuch, Peter Bartu, Jon Bielinski, Anthony Brown, George Chamales, Michael Connolly, Ryan Dalton, Jay Dean, Marianne Dean, Paul DuBois, Christian Ebersol, Cory Emerson, Jon Grunstad, Donald Harrison, Peter Hollingsworth, Virginie Jabbour, Jenn Jackson, Liz Kantor, Brian Kiernan, Mary Magocsy, Thomas Manion, Joe Marenda, Tom McCall, Miguel Melendez, David Nettell, John Nogue, Rick O'Hara, Hal Offen, John Ottersberg, John Robiola, Eric Shackelford, Diane Walton, David Zovickian **Helpers:** Andi Aliko, Andrea Allen, Michael Barber, Andrew Braithwaite, Andrew Cassidy, Matt Clark, John Davis, Hugh Foley, Byron Harbour, John Hornor, Nancy Hornor, Tom Hunt, Wendy Katzman, Mickey Lavelle, John Lennox, Pete Neubauer, Hal Offen, Era Osibe, Polly Rose, Julian Sapirstein, Sibylle Scholz, Eric Shupert, Andy Stone, Karen Vandergrift, Paul Wolf, Janice Wood **Test Swimmers and Pilots:** Andrew Cassidy, Christian Ebersol, Adam Eilath, Cory Emerson, John Nogue, Hal Offen, Joseph Omran, Suma Snehalatha, Lowen Cattolico, Laura Croome, Jim Frew, Jon Grunstad, Terry Horn, Douglas James, Brian Kiernan, Joe Marenda, Tom McCall, Tom Neill, David Nettell **Special Thanks to those who gave up their swim to pilot** Peter Bartu, Ryan Dalton, Hal Offen

## Alcatraz Swim SEPTEMBER 19, 2015

Place	Name	Time
1	Adam Eilath	28:00
2	Blake Lewkowitz	30:21
3	Jari Salomaa	31:54
4	Kevin Meisel	32:59
5	James Fahlbusch	33:48
6	Lisa N-Wise	33:54
7	Stephen Schatz	35:40
8	Kala S-Presser	38:10
9	Sally De Moss	38:22
10	Peter Bartu	38:37
11	Elizabeth Jay	38:45
12	Randy Edwards	38:56
13	John Selmer	39:38
14	Duke Dahlin	39:55
15	Peter Prato	40:11
16	Morgan Kulla	40:53
17	John Lennox	41:03
18	Paul Wolf	41:10
19	Erica Sutherland	41:38
20	Danny De Leon	41:43
21	David Bennett	41:58
22	George Shafer	42:14
23	Charlie Cross	42:36
24	Julian Sapirstein	42:45
25	Andy Braithwaite	42:59
26	Anna Marie Olsen	43:03
27	Thomas Manion	43:25
28	Sean Lavelle	43:41
29	John Stassen	44:49
30	Mickey Lavelle	44:58
31	Kathleen Sheridan	44:59
32	Paul Vanhoven	45:03
33	Jean Allan	45:27
34	Aniko Kurczinak	45:28
35	Sam Vilain	46:15
36	Greg Anderson	46:22
37	Tyler Burton	47:20
38	Terry Horn	47:30
39	Peter Cullinan	48:07
40	Margaret Keenan	48:24
41	Bryn Kass	48:37
42	Robert Blum	48:54
43	Nancy Hornor	50:39
44	William Burke	51:29
45	Keith Nelson	51:42
46	Gabriella Cross	51:52
47	Eileen Buckley	52:39
48	Richard Haymes	52:47
49	Renee Kaufman	53:01
50	Aaron Rosenthal	54:42
50	Cory Sturtevant	54:42
52	Robert Callan Jr.	55:24
53	Susan Saylor	55:36
54	Lewis Haidt	56:10



# DOLPHIN LOG SWIM STATISTICS

55	John Hornor	56:18
56	Andy Stone	56:27
57	Gregory Hicks	56:52
58	Hal Offen	57:57
59	Kathleen Duffy	58:33
60	Jacqueline McEvoy	59:36
60	Pete Neubauer	59:36
62	Byron Harbour	1:00:14
63	Keith Howell	1:00:46
64	Robin Rome	1:00:47
65	Cynthia Barnard	1:01:56
66	Kent Myers	1:02:58
67	Ken Coren	1:03:47
68	Michael Barber	1:04:38
69	CherylWallace	1:05:07
70	Kathryn Werhane	1:05:48
71	Will Powning	1:06:30
72	Joe Gannon	1:07:39
73	Karen Vandergrift	1:07:50
74	Arnie Thompson	1:08:11
75	John Ingle	1:12:14
76	Stan Baker	1:12:41

**Pilots:** Marcus Auerbuch, Natazha Bernie, Jon Bielinski, John Blackman, Anthony Brown, Richard Cooper, Brendan Crow, Deirdre Dole, Paul DuBois, J.D. Durst, Jim Ebert, Jim Frew, Nancy Friedman, Jon Grunstad, Donald Harrison, Reuben Hechanova, Libbie Horn, Davis Ja, Jenn Jackson, Liz Kantor, Brian Kiernan, Nancy Lange, Joe Marenda, Meredith May, Tom McCall, Miguel Melendez, Jane Mermelstein, Andrea Morgan, David Nettell, John Nogue, Richard O'Hara, John Robiola, Gina Rus, William Schroeder, Scott Stark, Elizabeth Tippin, Chris Tschinkel, Megan Wachs, Diane Walton, Kevin Whalen, Andrew Wynn

**Helpers:** Andrea Allen, Michael Barber, Peter Bianucci, Nicole Cabrera, Andrew Cassidy, Peter Cullinan, Dotti David, Eileen David, Suzie Dods, Anthony DuComb, Susanne Friedrich, Susan Garfield, Brian Gilbert, Byron Harbour, Pia Hinckle, John Hornor, Nancy Hornor, Tom Hunt, Morgan Kulla, Athena Kyle, Susan Lauritzen, Mickey Lavelle, Blake Lewkowitz, Jacqueline McEvoy, Pete Neubauer, Lorna Newlin, Hal Offen, Anna Marie Olsen, Aaron Rosenthal, Ron Russ, Kala Sherman-Presser, King Sip, John Stassen, Andy Stone, Erica Sutherland, Cheryl Wallace

**Test Swimmers and Pilots:** Claudia Bicho, Scott Broccoli, Michael Caniglia, Andrew Cassidy, Peter Cullinan, Jim Ebert, Jennifer Frost, Libbie Horn, Nancy Lange, Mike Mitchell, Hal Offen, Joseph Omran, Sam Vilain, Megan Wachs, Firat Yener, John Blackman, Ross Browne, Charlie Cross, Deirdre Dole, Jon Grunstad, Reuben Hechanova, Kelley Heye, Terry Horn, John Ingle, Douglas James, Liz Kantor, Brian Kiernan, Robert Larson, Anna Mackinnon, Christian Martin, Tom McCall, Miguel Melendez, Deanna Micros

**Non-member helpers:** Sally Keenan, David Uff

And thanks to the mystery pilot whose purple signature could not be deciphered

## Walt Schneebeli Over 60 Swim OCTOBER 4, 2015

Three courses were used for the Walt Schneebeli Over 60 Cove swim this year: A = short course; B = medium course; and C = long course.

Grp	Place	Name	Time
A	1	Walt Schneebeli	13:58
	2	Diane Walton	14:09
	3	John Davis	14:30
	4	John Nestor	14:51
	5	Robert McKenzie	15:15
B	1	Phil Fernandez	17:05
	2	Noel Turner	17:34
	3	Robert Danielson	18:22
	4	Susan Garfield	20:39
	5	James Vanya	20:55
	6	KenFrank	20:58
	7	Polly Rose	21:32
	8	Miriam Osborne	21:40
	9	AnneSasaki	21:44
	10	StevenKrolik	22:18
	11	Peter Bianucci	23:12
C	1	Julian Sapirstein	19:29
	2	Marla McGowan	19:39
	3	Sally De Moss	19:42
	4	MorganKulla	21:38
	5	Mickey Lavelle	22:00
	6	Duke Dahlin	22:21
	7	Terry Horn	25:03
	8	Joni Beemsterboer	25:33
	9	Kate Coleman	25:44
	10	Sunny McKee	25:54
	11	Nancy Hornor	26:45
	12	Hal Offen	27:02
	13	Pete Neubauer	27:06
	14	Krist Jake	28:14
	15	Anthony DuComb	28:20
	16	Keith Howell	28:26
	17	William Burke	28:45
	18	John Hornor	29:10
	19	NancyFriedman	30:34
	20	Will Powning	31:58
	21	Susan Lauritzen	32:51
	22	Mary Cantini	33:02
	23	Janice Wood	33:10
	24	Leslie Daniels	34:17
	25	Joe Illick	35:04
	26	Eileen David	36:19
	27	Sandra Lehmkuhl	36:22

**Pilot:** Brian Kiernan **Helpers:** Laura Atkins, Michael Barber, Lindsay Boswell, Peter Cullinan, Bevin Daniels, Brian Gilbert, Suzanne Heim-Bowen, John Hornor, Nancy Hornor, Tom Hunt, Jean Lamming, Hal Offen, Ron Russ, Anne Sasaki, Tim Smith

# DOLPHIN/SOUTH END TRIATHLON - SEPTEMBER 26, 2015

## ROW RESULTS

## SWIM RESULTS

### Barges

- 45 pts DC (10:17) Wieland: Charlie McIntyre (cox)  
Kelley Heye, Laura Zovickian, Andrea Morgan,  
Caroline Sugnaux, Lowen Cattolico and Megan Wachs
- SE (10:37) Mark Hurley: Dan McLaughlin (cox)  
Virginia Waik, Janie Bryant, Katrina Lundstedt,  
Allison Kalhammer, Catherine Kovazzano,  
Christine Corral

### Double Shells

- 25 pts SE (21:09) Mike & Tomasa Alvarez:  
Tom McInerney, Kim Pross
- 15 Pts DC (21:16) Tom Troneum:  
Dorian Faust, Sebastian Bea
- 5 Pts DC 21.28 (21:28) Cormorant:  
Racheal Perry, Ellen Free
- SE (21:52) Norm Peterson:  
Nancy Sorrell, Diane Davis

### Single Shells

- 25 pts DC (20:28) Coot: Will Miller
- 15pts SE (22:43) Golden Gate: Cameron
- 5 pts SE (23:49) Deasy: Dan Marshall
- DC (24:07) Surf Scooter: Emily Kreger
- DC (24:48) Flicka: Jay Dean
- SE (25:11) Rudy Stadlberger: Laurel Tree
- DC (26:11) Loon: Mike Troxell
- DC (29:42) Murre: Eva Gillis-Buck
- DC (35:07) No Name: Doug James

### Viking Doubles

- 25 pts SE (25:10) Valhalla:  
Tara Sweet, Jerry Purmal
- 15 pts DC (25:24) Lifthrasir:  
Andy Liverman, Brad Bertoldo
- 5 pts (28:03) DC Viking:  
Michael Enright, Johan Quie
- SE (31:09) Valkyrie:  
Alpo Calder, Tad Borek

### Viking Singles

- 25 pts DC (26:18) Kohlenberg:  
Chris Helm
- SE (31:34) Thor: Sam Nelson

### Heavy Doubles

- 25 pts SE (28:05) Hull No. 11:  
Nathan Mee, Loren B
- 15 pts DC (28:12) Hughes:  
Thomas Lemmin, John Wainwright
- 5 pts DC (29:09) Farrell:  
Wyatt Nordstrom, Chris Tschinkel
- SE (31:19) Dan O'Neil:  
Tom Wurm, Oliver Gajda
- SE (31:33) Hull No. 10:  
Steve Bear, Rick
- DC (50:56) Cronin:  
Dotti David, Jon Blackman

### Heavy Singles

- 25 pts DC (36:07) Ring: Lance Starin
- 15 pts DC (36:55) Kapuna: Jon Bielinski
- 5 pts DC (38:48) Foster: Paul Dubois
- DC (59:18) Bruno: Peter Fox
- SE (1:04:44) Penaat: Dave Lupo

**Totals: DC 200 SE 95**

Place	First	Last	DC	SE
1	Adam	Eilath	20	
2	John	Dahlz		19
3	Bob	Placak		18
4	Blake	Lewkowitz	17	
5	Justin	O'Reilly		16
6	Luca	Pozzi	15	
7	John	Renko	14	
8	Andrew	Wynn	13	
9	Craig	Marble		12
10	Tim	Smith	11	
11	Steve	Walker		10
12	Nemanja	Spasojevic		9
13	Heather	Smith		8
14	Darren	Connolly		7
15	Emily	Kreger	6	
16	John	Walker		5
17	Chris	Wagner	4	
18	Paddy	Dunn		3
19	Patrick	Dinan	2	
20	Michael	Sharf		1
Sub Total			102	108
22	Ryan	Dalton		1
25	Steve	Schatz		1
28	Joe	Dinan		1
31	Adam	Engelskirchen		1
34	Patrick	Grady		1
35	John	Ottersberg		1
37	Zack	Goldberg-Poch		1
38	Ross	Browne		1
40	Laura	Vartain-Horn		1
42	Kala	Sherman-Presser		1
45	Randy	Edward		1
46	Sally	De Moss		1
47	Sam	Massey		1
48	Joe	Marenda		1
50	Josh	Bernstein		1
53	Marshall	Roslyn		1
54	Peter	Bartu		1
57	Peter	Prato		1
59	Lowell	Alexander		1
60	Brad	Roslyn		1
63	Keith	Gray		1
64	Chris	Keene		1
65	Clint	Handler		1
68	Mauricio	Prieto		1

69	Anna	Olsen		1
72	Duke	Dahlin		1
75	Tom	Brown		1
77	George	Shafer		1
82	Julian	Sapirstein		1
83	Tim	Dumm		1
84	David	Bennett		1
86	Krista	Gager		1
88	Paul	Wolff		1
90	Morgan	Kulla		1
91	Vince	Hoenigman		1
92	Andrew	Braithwaite		1
94	Danny	Deleon		1
96	Sam	Vilain		1
97	Megan	Wachs		1
100	John	Lennox		1
Sub Total			40	40
Grand Total			142	148

## DC Participants / no points

101	Sean	Lavelle	171	Caitlin	May
106	Elena	Schneider	172	Alex	Sigal
107	Mick	Lavelle	175	Lindsey	Bivings
109	Charlie	Cross, Jr.	176	Margareta	Rhodes
110	Aniko	Kurczinak	177	Bevin	Daniels
112	Joel	Moore	178	Susan	Saylor
118	Charlie	Cross	179	Hugh	Foley
124	Marc	St. Raymond	180	Hal	Offen
128	Laura	Heddleston	184	David	Monteith
129	Jean	Allen	186	Marcela	Priwin
133	Kathleen	Sheridan	188	Kate	Webber
135	Joe	Spallone	189	Corey	Sturtevant
136	Peter	Cullinan	190	Lucy	Hoff
137	Greg	Anderson	194	Kate	Bennett
140	Daniel	Wheeler	197	Patrick	Erker
141	Bryn	Kass	200	Christian	Ebersol
142	Conor	Power	201	Tom	Partridge
144	Gina	Rus	206	Peter	Neubauer
148	Russ	Heddleston	207	Byron	Harbour
150	Joe	Omran	214	Jim	Frew
151	James	Dilworth	216	Melia	Vilain
156	Georg	Wien	218	Andy	Stone
157	Eileen	Buckley	219	Cheryl	Wallace
161	Joni	Beemsterboer	223	Kent	Myers
162	Bob	Blum	224	Marshall	Roslyn
165	Rebecca	Groves	226	Ben	Shaw
170	Andrew	Moffatt	228	Micah	Blumberg
			231	Andy	Hayden



# DOLPHIN/SOUTH END TRIATHLON - SEPTEMBER 26, 2015

## RUN RESULTS

Place	First	Last	DC	SE
1	John	Dalhz		20
2	John	Wainwright	19	
3	Mikhail	Shemyaka		18
4	Tim	Dumm	17	
5	Jim	Grant		16
6	Johan	Quie	15	
7	Rich	Conder		14
8	Andrew	Wynn	13	
9	Nicholas	Dolman	12	
10	Danny	Hagan		11
11	Elizabeth	Wistrom	10	
12	Tom	Wilhem		9
13	Zach	Matthay	8	
14	Hugh	Foley	7	
15	James	Dyett	6	
16	Thomas	Lemmin	5	
17	Tom	Brown	4	
18	Luca	Pozzi	3	
19	John	Wilde	2	
20	Xudong	Lin		1
Sub Total			121	89
21	Chris	Heim	1	
23	Brian	Matthay	1	
25	Matt	Leffers	1	
27	Bryn	Kass	1	
28	Gina	Edwards	1	
29	Laura	Vartain	1	
30	Alex	Sigal	1	
32	Andrew	Braithwaite	1	
34	Daniel	Wheeler	1	
37	David	Bennett	1	
38	Kevin	Whalen	1	
39	Ellie	Colson	1	
40	Tim	Smith	1	
42	Emily	Kreger	1	

43	Sean	Lavelle	1
44	Elena	Schneider	1
46	Dorian	Faust	1
47	Sam	Vilain	1
48	Christine	Hughes	1
49	Emily	Havens	1
50	Patrick	Erker	1
52	Natazha	Bernie	1
55	John	Ottersberg	1
57	Megan	Wachs	1
59	Kevin	O'Connor	1
60	Peter	Prato	1

### DC Participants / no points

102	Connor	Power
104	Kala	Sherman-Presser
108	Ishmeet	Singh
110	Ben	Shaw
111	Gerard	Navarro
112	Mike	Enright
115	Unknown	
121	Joel	Moore
125	Laura	Heddlestone
126	Cory	Sturtevant
127	John	Herbert
128	Hal	Offen
129	Doug	James
131	Byron	Harbour
133	Emily	Kreger
134	Gretchen	Coffman
135	Kristen	McKnight
136	Tony	Gilbert
139	JD	Durst
144	Peter	Neubauer
146	Carolyn	Hui
147	Era	Osibe

61	Bob	Cable	1
65	Michael	Caniglia	1
66	Jamie	Robinson	1
69	Andy	Hayden	1
70	Anthony	DuComb	1
71	Kristy	Leffers	1
74	Eva	Gillis-Buck	1
75	Randy	Edwards	1
76	Katie	Hendrix	1
77	Anna	Olsen	1
81	Christian	Ebersol	1
82	Roger	Hansen	1

83	Peter	Bartu	1
86	Tom	Davis	1
87	Craig	Anderson	1
88	Rochelle	Jones	1
90	Lee	Mould	1
93	Lisa	Gunaydin	1
94	Krista	Gager	1
95	Ken	Coren	1
98	Melia	Vilain	1
99	Deborah	Sherwood	1
100	Russ	Heddlestone	1
Sub Total			49 31
Grand Total			170 120



photo Chris Tschinkel

*Neck and neck for the last quarter mile, Adam Eliath pips South Ender John Dalhz at the tape.*

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**JOANNE DESMOND**  
 HAIRSTYLIST / DAY-MAKER

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 pieter@Kruitpainting.com

# ESCAPE FROM ALCATRAZ TRIATHLON - OCTOBER 17, 2015

Place	Name	Swim	Bike	Run	Total
1	Andrew Wynn	0:33:24	0:51:23	2:18:43	3:43:30
2	Zach Matthay	0:57:41	0:53:39	2:24:36	4:15:56
3	Tom Brown	0:40:00	0:52:38	2:52:00	4:24:38
4	Matthew Canepa	0:46:48	0:57:25	2:45:36	4:29:49
5	Laura Vartain Horn	0:37:41	0:55:45	2:58:04	4:31:30
6	James Dyett	0:51:05	0:54:55	2:47:10	4:33:10
7	Brian Matthay	0:53:03	0:52:32	2:47:35	4:33:10
8	John Ottersberg	0:38:04	0:54:22	3:07:03	4:39:29
9	Andrew Burell	0:38:14	0:53:22	3:08:54	4:40:30
10	Krista Gaeger	0:41:29	0:57:17	3:06:54	4:45:40
11	Alex Sigal	0:53:34	0:52:59	2:59:07	4:45:40
12	Hugh Foley	0:57:27	0:58:53	2:50:30	4:46:50
13	Katie Murphy	0:47:21	0:58:19	3:07:24	4:53:04
14	David Bennett	0:43:44	0:58:46	3:10:48	4:53:18
15	Sean Mcfadden	0:42:10	0:49:44	3:25:32	4:57:26
16	Ellie Colson	0:59:20	1:05:40	2:57:24	5:02:24
17	Allan Calder	0:42:33	0:55:34	3:25:26	5:03:33
18	Peter Bartu	0:38:52	1:00:00	3:31:48	5:10:40
19	Tony MacDonald	0:57:03	1:03:37	3:17:50	5:18:30
20	Megan Wachs	0:46:37	1:01:33	3:31:02	5:19:12
21	Ann Dunn	0:41:36	1:02:14	3:42:10	5:26:00
22	Andrew Mattingly	0:51:44	1:04:22	3:30:30	5:26:36
23	Richard Haymes	0:56:48	1:02:33	3:28:14	5:27:35
24	Harvey Vuong-wetsuit	1:01:24	1:17:01	3:10:25	5:28:50
25	David Strasberg	0:56:53	1:43:03	2:57:24	5:37:20
26	Chris Tschinkel	1:12:53	1:07:31	3:18:26	5:38:50
27	Jim Ruppert-wetsuit	1:02:56	1:13:34	3:25:40	5:42:10
28	Matt Leffers	1:01:30	1:07:01	3:37:44	5:46:15
29	Michael Miller	0:48:55	1:22:45	3:35:05	5:46:45
30	James Walter	0:46:29	1:06:00	3:59:01	5:51:30
31	Jeff Russell	0:55:53	1:03:07	3:53:30	5:52:30
32	Anthony DuComb	1:00:59	1:03:26	3:48:45	5:53:10
33	John Hornor	1:00:04	1:08:46	3:45:00	5:53:50
34	Randy Edwards	0:39:11	1:15:39	3:59:40	5:54:30
35	Sunny McKee	0:53:35	1:02:55	3:59:50	5:56:20
36	Jon Nakamura	0:45:17	1:07:21	4:03:42	5:56:20
37	Mari Miyashita-wet sui	0:58:25	1:19:43	3:39:52	5:58:00
38	Byron Harbor	0:55:49	1:17:27	4:03:04	6:16:20
39	Hal Offen	0:56:00	1:06:00	4:16:40	6:18:40
40	Stephan Anderson-we	1:07:52	1:11:38	3:59:50	6:19:20
41	Eileen Buckley	0:53:46	1:10:54	4:15:20	6:20:00
42	Mike Webb	0:53:10	1:13:37	4:15:23	6:22:10
43	Gina Rus	0:51:07	1:08:32	4:27:31	6:27:10
44	Tom Lithicum	0:48:40	1:08:50	4:31:30	6:29:00
45	Paul Van Hoven	0:45:55	1:17:45	4:29:50	6:33:30
46	Jamieson Prevolznak	1:07:33	1:24:27	4:49:20	7:21:20
47	Dawn Holley	1:18:00	1:32:48	4:30:34	7:21:22
48	Phil Taylor	1:13:43	1:30:52	4:47:13	7:31:48
49	Keith Nowell	0:57:40	1:31:24	5:22:38	7:51:42
50	Dominic Spinetta	1:18:38	1:33:32	5:06:50	7:59:00

Relay Teams	Swim	Bike	Run	Total
2R UNDERACHIEVERS	0:40:49	0:39:06	2:12:40	3:32:35
3R OLIVER ELIJAH	0:28:44	0:42:36	2:32:00	3:43:20
4R HOFF & PARTRIDGE	0:51:22	0:58:18	2:57:15	4:46:55
5R DAN & GREG	0:51:57	0:53:53	3:20:28	5:06:18
6R WELCOME TO THE ROCK	0:53:45	1:08:48	3:16:58	5:19:31
7R BROKEN WING	0:45:00	0:43:30	3:51:18	5:19:48
1R THE TURTLES	1:03:12	0:48:48	3:29:03	5:21:03
8R WHITE LIGHTNING	0:48:30	1:21:55	3:23:55	5:34:20
9R POWSKEL	1:07:55	0:46:34	3:43:21	5:37:50
10R SUMPIN SUMPIN	0:52:29	0:59:31	3:55:20	5:47:20



photo Sunny McKee  
*Waiting in the rain at the EFAT Mailboxes aid station, volunteers Nancy Hornor and Laura Atkins.*



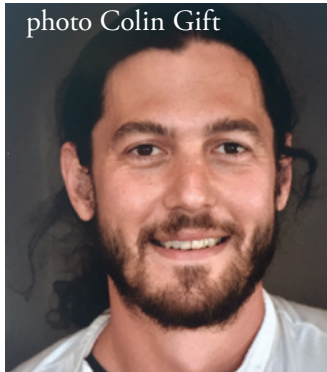
photo Sunny McKee  
*Jane Mermelstein and Redford preparing for the onslaught of runners at EFAT Stinson Beach aid station.*



photo Anna MacKinnon  
*A new kind of Escape from Alcatraz event. The ladies of the Weiland rowing to Sam's and warden McIntyre, supervising. Left to right-Laura Zovickian, Kelley Heye, Charlie McIntyre, Megan Wachs, Andrea Morgan, Caroline Sugnaux and Lowen Cattolico*



photo Colin Gift



Ryan Dalton

(continued from page 9)

("beer made with science"), got into a pool at age two in New Orleans and entered competitive swimming a couple of years later. At the University of Oregon he competed in open water, where he heard about the Dolphin Club, though he didn't show up here until a year and a half ago.

Kevin, whose father was in the U. S. Olympic trials, was born on the East coast but grew up in the Bay Area and has been swimming (with his family) as long as he can remember. He played water polo at UC Davis and afterward in the Masters organization. With a grandfather and an uncle in Orlando's Dolphin Club, he came here in 2014.

Ashley, like Ryan, was in swim lessons at two and racing at four, displaying a competitive spirit she attributes to the examples set by her three older brothers in Cincinnati. A year-round natator at six, she was a team swimmer in high school and at UC Berkeley, joining the Dolphin Club in 2014. She is searching for a companion to circle Angel Island.

Andrew, another Midwesterner – born in South Bend but growing up in Japan and summering at his mother's home in Penzance (he likens the setting to Aquatic Park) – experienced children's swim teams as well as open water in England, but was not on the team at Purdue. He

came to San Francisco after the Peace Corps (2011-2013) and was introduced to the Dolphin Club by Sunny and Mark McKee, a fitting association, as he was the club winner of the Escape this year.

Byron Harbour, king of last winter's Polar Bear contest with 181 miles (he noted that "the guy, whoever it was, who won it the year before didn't have many miles" – that was

me) is, like Ashley, a Cincinnati. Like Andrew, he's a grad of Purdue, where he did not swim. Though he entered the water as an infant, he was a standout athlete in high school in many other sports besides swimming – football, rugby, and track. He arrived in San Francisco in 2013, a year after he graduated from college, and promptly joined the Dolphin Club after he viewed it from a Bay boat tour. Although he was a sprinter who had never swum as far as a mile, he made the adjustment, and the rest is Polar Bear history. I should know.

So here we have it: "on either side of the river was there a tree of life, which bare twelve manner of fruits." A new testament to a dozen swimmers. And let's make it a baker's dozen and include Suma Snehalatha, named 'Most Improved Swimmer' at the Pilots Appreciation dinner this year. Suma joined the Dolphin Club in 2013, having learned to swim in 2011 'mostly from You Tube lessons.' She was also tutored by Laura Zovikian.

After successfully completing the Golden Gate test swim, she took on Alcatraz a few days after the Great White sighting. Swept past the opening by the ebb, she fought the tide to get into the cove—tired (after two hours in the water) but exhilarated and deeply grateful to pilots Doug, Miguel, and Natazha for shepherding her. You Tube no longer needed.



Byron Harbour

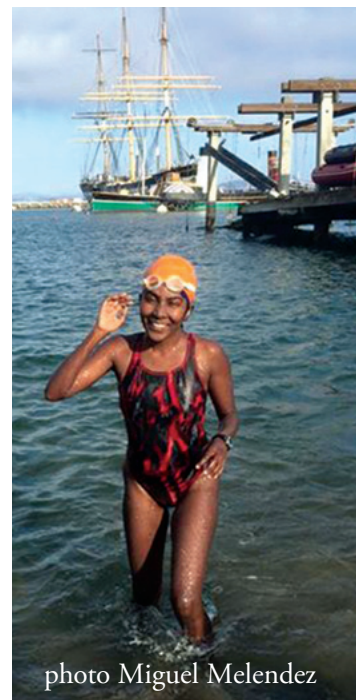


photo Miguel Melendez

Suma Snehalatha



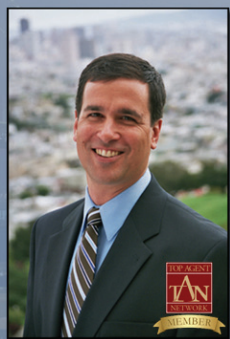
photo Colin Gift

Ashley Horne

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This fall we continued to see Dolphins exploring the Bay and beyond and winning at regattas across the country. We had two China Camp rows, one, a Sacramento Row warm-up flotilla on Sept. 14 was up and back in a day (Davis Ja, Neal Mueller, Wyatt Nordstrom, Jay Dean, Marianne Dean, Liz Kantor, Natazha Bernie, Lowen Cattolico and Richard Gray). The second (October 25-26) was an overnight trip involving a barbecue on the beach. Rowers Caroline Sugnaux, Arnie Thompson, Grant Mays, Lucas Ranzuglia, Andy Stone, Scott Stark, Thomas Lemmin, Matt Wescott and Davis Ja were met by Jon Bielinski, John Muir and Deborah Sherwood and hosted by life long China Camp resident, Frank Quan, who is celebrating his 90th year.

October 9-11 witnessed seven intrepid Dolphins rowing to Sacramento. This was our second excursion this year with a collection of new and veteran explorers. Jay Dean, Neal Mueller, Richard Gray, Natazha Bernie, Lowen Cattolico, Davis Ja and Paul Dubois made the three-day 100-mile trek up-river. This was Jay's second trip this year, and he rowed the entire way in the single Viking Kohlenberg.

For the first time in the history of the intra-club Triathlon, we retained the plaque for a second consecutive year. Cox Charlie McIntyre brought in another win with Wieland rowers Kelley Heye, Laura Zovickian, Andrea Morgan, Caroline Sugnaux, Lowen Cattolico and Megan Wachs. The rest of the team (see page xx) secured the win 200 points to SERC's 95.

Although accurate records are virtually non-existent, it is believed that Will Miller set a course record around Alcatraz in a single shell at 20:28.

The Head of the Charles (HOCR) this year also saw Dolphins on the victory stand. HOCR is the largest rowing event in North America, featuring 55 events and 776 rowing clubs over two days of competition. The Dolphin Club had a number of rowers competing against the best rowers in the country. Meredith May (cox) and Mag Donaldson (#3)



*China Camp in Marin is becoming the Dolphins' second home. Back Row: Neal Mueller, Liz Kantor, Richard Gray, Natazha Bernie, Davis Ja, Marianne Dean, Wyatt Nordstrom. Front row: Jay Dean, Lowen Cattolico, Mary Margosy*

won gold in a women's 8+ with the average age of 70 - the first time in the history of HOCR that women that age have competed in an 8. Dolphins Joe Abrams & Tom Loughlin won 3rd place in Men's 2x 40+ and Racheal Perry scored 3rd place in Women's 1x 40+. Other Dolphins bringing home medals include: Will Miller - (rowing for Northeastern) - 1st place Alumni 8+; Scott Gault - (rowing for Washington) - 2nd place Alumni 8+; Kelley Amdur - (rowing for Chinook) 1st place Club 8+. Also competing were Tom Owston, Andy Liverman, Quincy Darbyshire and Johan Quie.

Dolphins were also victorious in the South End Bridge-to-Bridge Regatta. Kelley Amdur (with SE's Diane Davis) placed 1st in a 2x (short course) at 43:00; Tom Lemmin and Rochelle Jones placed 2nd (43:25) and Meredith May and Racheal Perry placed 3rd (43:46). Grant Mayes and Matt Wescott placed 1st in Traditional Wooden Boats (short course) in Viking, time: 59:32.

Overall, this has been a great year for the Dolphin Rowing Program. Wyatt Nordstrom has been teaching the basics of the Ergs. Jay Dean has done yeoman's work training the unparalleled number of new Dolphin rowers as we have seen our membership size dramatically increase. Jon Bielinski, with the help of Rachel Bergquist, Julia Hechanova and Susy Petterson have risen to the challenge of keeping our traditional fleet in top condition despite the increased wear and tear; repairing broken oars and seat slides, patching up the dings and scrapes, all while continuing the construction of the next addition to the fleet Semper Fi, a new Whitehall sponsored by Don Reed.

*JD Durst*



**I**t is amazing how much has transpired in the recent months at the Dolphin Club! Here is a summary of what has been going on:

**Capacity:**

We currently have an excess of 1600 members, which is a 45% increase since 2012! We've had the privilege of accepting 461 new members since August 2014. The net gain per month with our terminations and resignations has averaged 17+ new members per month, for the past 15 months. That tremendous growth is both wonderful and troublesome. The word is definitely out, that this place is fabulous and no longer a well-kept secret.

The Board did approve in October to pause accepting new members until the February 2016 Board meeting. This equates to a three-month moratorium and will allow us a breather as we address:

- Should we set a cap on number of members (e.g., 1600, 2000?)
- Should we only accept a certain number of new members per month based on retention?
- Should we only accept new members on a quarterly basis?
- How would we manage a wait list, if we set a total member cap?
- And many more options...

SF Rec & Park has approved our 10% dues increase and \$100 locker fee, so this will go into effect for the 2016 billing period.

The Board will continue to work on our locker issues, as we currently have a substantial wait list of some 179 women and 295 men. We are looking into adding smaller (cubby) lockers, which will allow members to store their toiletries, swim suit and towels. We don't anticipate that we will eliminate our locker wait list, but should shorten the wait. We also anticipate lockers' opening up after the \$100 locker fee goes into effect. And we encourage folks to double up and

share lockers.

**In other News:**

We won the DC/SE Annual Tri Event and this is the first time we have won twice in a row! We hosted this year and it was quite a celebration with hundreds of Dolphins coming out to participate and help volunteer. In the Rowing event, we started the day off with a HUGE 105 point lead! Our



*Without a care in the world.*

first place rowing finishers were: The Wieland Women (45 points), Will Miller in a single shell (25 points), Chris Heim in a Viking Single (25 points) and Lance Starin in a heavy single (25 points). We missed taking the Swim by only 6 points, but congratulations to Adam Eilath who had to fight stroke by stroke to beat out SE's lead swimmer...what a finish! We decisively won the Run by 50 points in both the top 20 (32 points) and the participation points (18 points). Congratulations to John Wainwright for taking 2nd in the run and 1st in the overall event points!

It was one year ago at the 2014 DC/SE TRI Event that I became convinced that it was time to run for

the office of DC President. A wave of inspiration and motivation came over me that day and, after a good night's sleep, I made the commitment to go for it! I have no regrets and am ready to take on another year, if you will have me.

Speaking of inspiration, in August, Kim Chambers successfully swam from the Farallon Islands to the Golden Gate Bridge! She is only the 5th person and the first female to complete this challenging swim. It is roughly a 30 mile swim in cold, shark infested waters and one has to be super brave and well trained to make this happen. A short film, "KIM SWIMS" is being made about this adventure, by our very own, Kate Webber, so be sure to look out for it. Congratulations Kim!

The Dolphin Club Escape From Alcatraz Triathlon (DCEFAT) went on without a glitch, even with a visit from "the man in a grey suit", at Alcatraz the weekend before! This visit caused the local media to be front and present. Robin Rome said it best, "The news reporters coming in this year and looking for a sensational story, when the real sensation was US!" We had a record number of folks register for the race and for the first time we could not accommodate all applicants. Congratulations to the

winners: Andrew Wynn 1st overall, and Laura Vartain-Horn first female (5th place overall)! Special thanks to Mark & Sunny McKee for another brilliantly planned event.

**Gratitude:**

None of the events above could happen without volunteers and our hats go off to you, for helping make the club what it is today. The joy one receives from offering time is repaid with a bank full of gratitude, and the feeling is contagious. If you are not part of the hundreds of members that volunteer in some way, then you are missing out. Give it a try and you will more than likely be hooked to the Dolphin Club Family for life!

*Rick Avery - President*



The Dolphin Swimming  
& Boating Club  
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## 2016 DOLPHIN CLUB SWIM & EVENT SCHEDULE

Jan 1	Thu TBD	*New Year's Day Alcatraz
Jan 1	Fri 8:00 am	New Year's Day Cove Swim
Jan 17	Sun 9:15 am	*Pier 41
Jan 30-31	Sat/Sun 9:00	24 hour cove relay
Feb 14	Sun TBD	Old Timer's Lunch
Feb 21	Sun 7:45 am	*Gas House Cove
Mar 13	Sun TBD	McCovey Cove Regatta
Mar 20	Sun 7:45 am	*Yacht Harbor
Mar 21	Sat 11:00 pm	End of Polar Bear
Apr 10	Sun 6:30 am	*Pier 39
May 7	Sat 8:15 am	*Dick Beeler Crazy Cove
May 14	Sat TBD	Rowers Dinner
May 22	Sun TBD	Baykeeper Relay
May 28	Sat 7:45 am	*Bay Bridge
Jun 1	Wed 5:00 am	100-Mile Swim Begins
Jun 4	Sat 9:30 am	*Crissy Field
Jun 19	Sun 10:00 am	*SE/DC LGBT Pride Swim
Jul 2	Sat 8:15 am	*Fort Point
Jul 16	Sat TBD	*Trans Tahoe Relay
Jul 17	Sun 9:00 am	*Coghlan Beach (fun swim)
Jul 30	Sat 6:30 pm	*Doc Howard Over 45 Gas House Cove
Aug 6-7	Sat/Sun TBD	*Santa Cruz Pier Swim
Aug 7	Sun 4:00 pm	Under 30*/Under 45* Cove Swim
Aug 27	Sat 9:10 am	Joe Bruno Golden Gate
Sep 3	Sat TBD	Lou Marcelli 12 hour cove relay
Sep 10	Sat 8:10 am	Alcatraz
Sep 24	Sat 7:50 am	Escape from Alcatraz Triathlon
Oct 1	Sat 12:00 pm	Walt Schneebeli Over 60 Cove
Oct 15	Sat 8:45 am	Dolphin/South End Triathlon
Oct 31	Sat 11:00 pm	100-Mile Swim Ends
Nov 12	Sat 6:00 pm	Pilot Appreciation Dinner
Nov 24	Thur 9:00 am	Thanksgiving Day Cove
Nov 25	Fri 5:00 am	Grizzly Bear Challenge
Dec 17	Sat 8:45 am	New Year's Day Qualifier
Dec 17	Sat TBA	Holiday Brunch
Dec 21	Wed 5:00 am	Polar Bear Swim Begins
Dec 31	Sat 11:00 pm	Grizzly Bear Challenge Ends

**ROWING TRAINING**  
These Saturdays as 9:00 am  
January 23, Saturday  
February 20, Saturday  
March 19, Saturday  
April 23, Saturday  
May 21, Saturday  
June 18, Saturday  
July 23, Saturday  
August 20, Saturday  
September 24, Sunday  
October 22, Saturday  
November 19, Saturday  
December 17, Saturday

Intro to bay swimming *usually*  
offered Saturdays *or* Sunday  
after Board Meetings, check  
website [www.dolphinclub.org](http://www.dolphinclub.org)

### SWIM PROGRAM RULES

1. Club scheduled swims are restricted to club members, who are current on their dues and fees and in good standing.
2. Swimmers must have current USMS membership, or USA Swimming membership, as appropriate and abide by each organization's rules and requirements.
3. Swimmers are required to wear orange caps on all scheduled swims.
4. Swimmers cannot use swim aids including fins and wet suits, on any timed scheduled swims.
5. New members are not eligible to swim in scheduled out-of-cove swims for either 6-months from the start of their membership, or before successfully completing the 100-mile swim, the Polar Bear swim, or the Accelerated Out-of-Cove process.
6. All out-of-cove swims require a pilot:swimmer ratio of 1:3.
7. Time limits may be imposed at the discretion of the Swim Commissioner(s).
8. All Club boats are reserved for scheduled swims. Co-pilots are encouraged. Riders are prohibited.
9. Swimmers must register during check-in and attend the swim briefing in order to swim.
10. To swim Golden Gate or Alcatraz, members must successfully complete at least three qualifying swims and help on at least two swims.
11. Out-of-town members must have successfully completed two of the last three club scheduled Alcatraz and/or Golden Gate swims or meet Rule 10 above.  
(Nothing in the above rules shall contravene any applicable Federal laws and statutes.)

Alcatraz Island  
1.4 miles

Fort Point  
3.5 miles

Crissy Field  
2.5 miles

Yacht Harbor  
1.5 miles

Gas House Cove  
1 mile

Aquatic Park Cove

Pier 41½  
1.2 miles

Pier 43  
1 mile

*All times are approximate & subject to change.  
TBD means "to be determined".*



# Alex W. Pape

## Legendary Oarsman

By Richard Cooper, 2015

**PAPE, Alexander W., athlete, succumbed today, August 4, 1928, following a short illness.**

This is the story of one of our club's early heroes. In his youth Alex Pape was a strong swimmer and water polo player for the Olympic Club, San Francisco. He joined the Dolphin Swimming and Boating Club on November 11, 1896 to try rough-water swimming and his newest interest, rowing. Wearing Dolphin Club white and blue colors he quickly became a West Coast rowing champion. In later years Alex became equally respected as a coach, referee, benefactor of aquatic sports, and the best open-water swimming pilot of his era.

Alexander William Pape was born January 13, 1873 in San Francisco. His parents were natives of Hanover, Germany, who came to America and married in San Francisco in 1868. Alex grew up with two older brothers who would also excel in their own right. His life would be forged by the 1906 earthquake, the 1915 Pan Pacific Exposition, a horrific World War, and a terrifying flu epidemic.

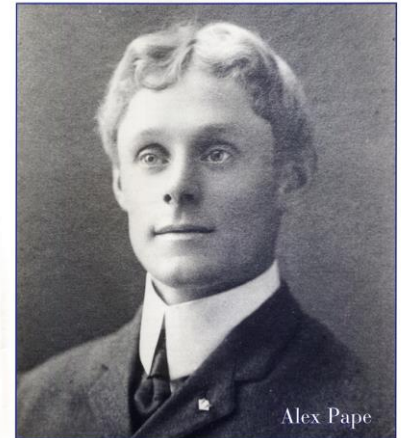
Locals first learned about Alex, a teenager, when he swam out and

around Alcatraz Island. Soon he became passionate about competitive rowing, one of the most popular sports worldwide. The Dolphin Club raced against five San Francisco rowing clubs plus others from Alameda and around the Bay Area. Moreover, there were rowing regattas up and down the West Coast from Astoria, Oregon, to San Diego. The Pacific Association of Amateur Oarsmen (PAAO) oversaw the sport until the 1950's.

Conditions today are no different than described in the article "Rowing on San Francisco Bay" published in the magazine *Outing*, Vol. XXXV, Issue 6, March 1900. Here are excerpts: "Although being very popular, rowing is greatly affected by peculiar local conditions. San Francisco summer is the most blustering, windy season of the year. When strong westerly winds meet an outgoing tide the sea quickly becomes rough and choppy. Tides and currents are tricky. Hence the racing boats employed on the Bay are wooden lapstreak, open boats, called outriggered skiffs. Lapstreak in-rigged

### DOLPHIN LOG

Fall 2004



Alex Pape

"barges" with sliding seats are also raced with four-oared crew and coxswain. Regattas are held at Long Bridge at the foot of Third Street in the city and at El Campo (Paradise Park) in Marin County. Calmer venues such as Lake Merritt and the Oakland estuary allow the use of lighter, faster shells."

Alex Pape won his first local race on February 16, 1897, in an outriggered skiff. That year he would stay undefeated in the series of multi-club regattas. In 1898 Alex continued his winning streak in skiffs and also in shells. Moreover, his powerful stroke propelled the Dolphins to their first Junior Barge victory in 14 years. Also, in 1898 the Bay Area clubs journeyed to Astoria on the Columbia River to compete against crews from the Northwest and British Columbia. Alex Pape came home as outriggered skiff champion, although the Northern crews rarely raced skiffs.

There is a racing skiff built about 1900 on display in Sausalito, Friends of the Library, City Hall.



ALEX W. PAPE, OUTRIGGERED SKIFF CHAMPION.

Pape continued to dominate opponents in 1899, and in December the PAAO presented a silver trophy to Alex for being single shell champion for two years. That same year Alex commissioned a racing shell from Al Rogers who had built the handsome six-oared barge, the John Wieland, in 1887 which is still the pride of the Dolphin Club fleet in 2015. For wooden boat purists, here is the description printed with photos in the *San Francisco Call*, August 4, 1900, page 5:

*After being outriggered-skiff champion for two years, Alex W. Pape of the Dolphin and Olympic clubs has become the owner of the most beautiful shell ever built on this coast. It is of Spanish cedar, one-fourteenth of an inch in thickness. Her outriggers are of galvanized iron, red enameled, and all the fittings are nickel-plated. This shell was built by Al Rogers, the boat-builder of Alameda Point, and cost \$175. To give her stability she has a fin of brass which makes her a very seaworthy craft. The decks fore and aft are of Irish linen, oiled and varnished. The sides were specially constructed by Rogers. Alex Pape brought the shell over from Alameda last Sunday on the ferry-boat and put her into the water near the ferry slip. He then pulled along the water front, and, though the weather was rough and the craft shipped a deal of water, she baled herself and came through splendidly.*

*This is more than an extraordinary shell. It has been in process of construction for a period of time extending over a year. Every joint, every fastening, every seam, has gone over again and again, until today it stands as a model piece of work. The oarsmen who have seen Pape's new shell pronounced it the very finest ever afloat on Pacific Coast waters.*

The Dolphin Club and other Bay Area crews returned to Astoria, Oregon, in August of 1900. Alex Pape would win the single shell contest in great fashion. He was finally recognized by all as the Pacific Coast racing shell champion.

By 1902 Pape was still undefeated and outclassing his opponents. He was easily the best amateur in the West. Speculation about him turning professional first began in 1899. Now he found himself considering a challenge from the famous Henry C. Peterson (an Honorary Dolphin) to race a three mile course for a prize of \$4000

and a percentage of the gate. He suppressed this temptation with a new goal to win a national amateur title.

In May 1903 Alex Pape headed east as the first California native son to compete for the national sculling championship. He would train and enter a few races prior to the American Henley on the Schuylkill River, Philadelphia, in July. Unfortunately, Alex not only suffered from the East Coast climate but also acquired an unspecified illness that dropped his weight from 168 to 139 pounds. Still he was making impressive practice runs

and was regarded as the favorite. However, well into the race his dream ended with more bad luck. He collided with another shell that was considerably off course. Alex was unable to recover and fell overboard. Pape considered a protest but then withdrew it.

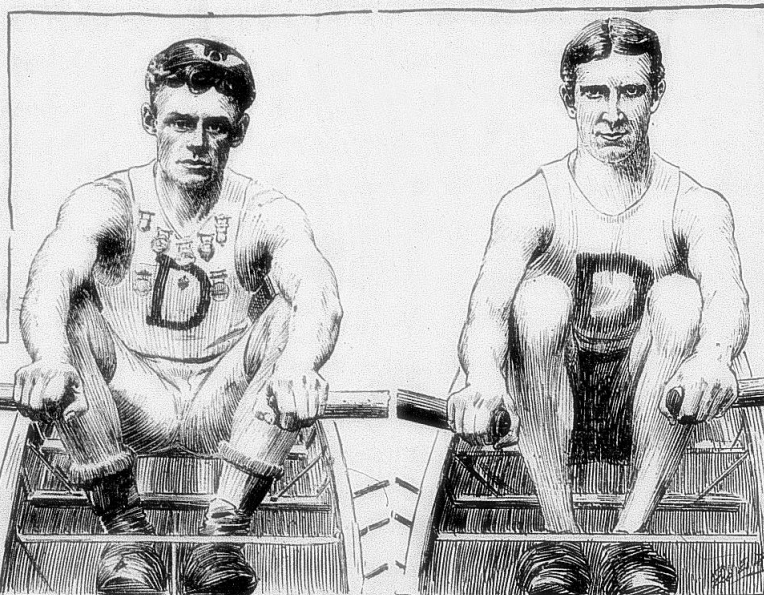
The Philadelphia Press complimented Alex saying "With his withdrawal there retires as true a sportsman as ever came over the Rockies."

SAN FRANCISCO CHRONICLE, FRIDAY, OCTOBER 1, 1897.

TWO MEMBERS OF THE DOLPHIN SWIMMING AND BOATING CLUB  
MATCHED IN A SPECIAL OUTRIGGER SKIFF RACE AT EL CAMPO.

ALEXANDER PAPE.

THOUGH comparatively a new man at the oars, Alexander Pape has shot to the front in the short time he has given to the sport. He held the diamond club medal of the Dolphins before losing it to Patch in an unsatisfactory race. The meeting of the two men Sunday is expected to decide the superiority. Though not as clever or as cool as his opponent, Pape is phenomenally strong. He rows wildly if excited, but his staying qualities generally bring him in a winner. He has practiced much lately and is expected to use good judgment in the coming race. His physical condition is perfect.



W. O. PATCH.

ONE OF the best-known oarsmen of this bay is William O. Patch, who is to meet Alexander Pape in a special rowing match arranged as part of the entertainment to be given at El Campo. Patch is the holder of the diamond medal of the Dolphin Club, which he wrested from Pape at their last meeting. Patch is in excellent condition, and he never rowed finer in his life than at the recent El Campo regatta. Though he knew he had little chance to win against his seasoned opponents, he trained as if his life depended on it. He is a much cleverer oarsman than his opponent.



# CHAMPION ALEX PAPE OUTCLASSES SCULLERS ON THIS COAST

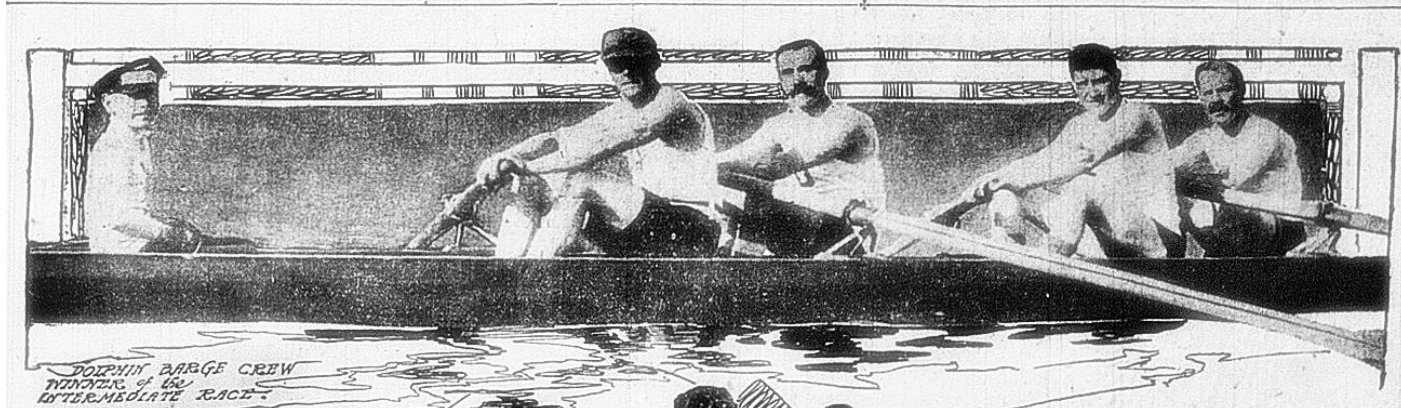


Dolphin Barge Crew ca 1898  
Alex Pape (Center)

10

THE SAN FRANCISCO CALL, WEDNESDAY, JULY 5, 1905.

## SPORTS OARSMEN REVEL IN THE WATERS DOLPHIN BARGE CREW NOSES ALAMEDA OUT AT FINISH



1905 Barge Crew: G. Kenniff (cox), Alex Pape (stroke), C. Farrell, L. Wienard, S. Vicini





The Philadelphia trip drew attention to Pape's unorthodox sculling technique. His stroke had always appeared somewhat jerky. This was likely the result of learning in outrigger skiffs battling the nasty SF Bay chop. In contrast, the East Coast oarsmen used classic longer pulls and layback position at the end of each stroke. However peculiar his stroke seemed, Alex was a winner. Others took a closer look. His technique became known as "rushing your slide" the impulsive glide forward in the seat to begin a new stroke. His posture remained more upright, strokes slightly shorter, and recovery quicker. The University of Washington eight-oared crew would use a similar technique to win the 1936 Olympics.

Back in San Francisco Alex resumed his string of wins and helped stroke the Dolphin Club barge to occasional victories. In July 1905 he easily retained his Pacific Coast Championship in Portland. Now over 30 years old, this turned out to be his last serious competition. Although probably not realizing it, he was retiring as an undefeated sculling champion.

Alex displayed numerous other talents as a photographer, boxer, wrestler, and entertainer. He would perform fancy skip rope exhibitions, as well as doing hand stands and other acrobatic tricks in his tipsy racing shell. Alex and his shell had a role in the stage play "A Dark Secret" at the Central Theatre on Market Street in 1902.

He was also a marksman and member of the San Francisco Schuetzen Verein, a shooting society of German Americans dating back to 1859. As good as Alex was, his father and brother were far better sharpshooters. Frederick Ludwig Moritz Pape held national records and was still winning at age 80 without the aid of eyeglasses. Alex's brother, August Hilmer Pape, also a Dolphin member, set world records with his

rifle and was International Champion in 1915. Frederick "Eric" Pape, Alex's other brother, was a foreign educated and celebrated illustrator who founded an art school in Boston.

Alex Pape married Miss Agnes Walsh in one of the city's most anticipated society events of 1900. Their daughter, Agnes, would later travel the world as a vaudeville dancer.

In September 1905 Alex Pape announced that he was relocating his family to Reno, Nevada, as a career move. He served on the staff of Denver S. Dickerson who became Governor of Nevada in 1908. Except for random visits, Pape did not return to San Francisco until 1910, ready to accept his new role to coach and

help others in aquatic sports.

Piloting was not new for Alex. Although not officially documented, he claimed to have directed Dolphin Club swimmer, John H. Coughlan, to become the first person to cross the Golden Gate in 1894. Charles Cavill is recognized as being the first in 1896. Walter Pomeroy came into prominence a few years later when Alec Pape took Pomeroy across in record breaking time. This was before there was a bridge to aide crossings by establishing location and progress. The skill of an experienced pilot was paramount.

In the Dolphin Club's first Annual Golden Gate Swim, Sept 10, 1917, Alex Pape piloted the winner, Henry Koch. That same year the Dolphin Club organized a Golden Gate race for women. Pape again guided the winner, Catherine Flaherty, to a new record.

**PAPE, THE OARSMAN,  
WILL WED A BELLE**

THE host of friends of Alexander W. Pape will be pleased to learn of his engagement to Miss Agnes Walsh, a charming young lady of this city, daughter of the late John T. Walsh, U. S. A. (retired).

Mr. Pape is widely known as an athlete. He has been the amateur champion single sculler of the coast for two years and is also noted for his feats as a swimmer. He is prominently identified with the Olympic Club, the Dolphin Swimming and Boating Club and is also a member of the National Yacht Club, N. S. G. W. His brother, Eric Pape, is one of the noted illustrators of America, his work appearing regularly in the principal magazines. Mr. Pape is an attaché of the American Hiscutt Company.

The friends of the young bride and groom, to be, await with interest the further announcement of the day on which they will be united in marriage.

WILL GO THROUGH LIFE TOGETHER.



Pape's reputation as a pilot was soaring, and he was sought out by elite swimmers. In 1918 he piloted Hazel Cunningham from Lime Point to Key Route Pier in Oakland, eleven miles in 2 hours and 28 minutes. The swim was intended to start from Point Bonita but high seas prohibited it.

Also in 1918 there was a women's race from Pier 9 in San Francisco to Alameda. Catherine Flaherty won it in 2 hours and 26 minutes. Afterwards another competitor stated "To Alec Pape should go a great deal of praise. Pape was undoubtedly the only pilot on the Bay who knew exactly the course to take."

In September 1923 Leo Purcell (both an Olympic and Dolphin Cub member) won a five mile race out around Alcatraz and back. Pape was his chief advisor while Sid Foster rowed. A year later, with Pape piloting, Purcell set a two-way Golden Gate record in 1 hour and 6 seconds using the newfangled Australian crawl.



The *San Francisco Chronicle* newspaper began sponsoring an Annual Golden Gate Swim in 1925. Alex Pape donated a trophy to be given to the oldest to finish. He then piloted the winner, Leo Purcell. Pape had now piloted thirteen straight Gate winners.

Prior to the Chronicle Gate swim the next year there were articles proclaiming "Alec Pape is Gate Swimming Pilot De Luxe" and "Veteran guide has never brought in anyone but a winner." In 1927 Pape donated a trophy to be awarded to the pilot of the winner of the Chronicle Golden Gate swim.

When William Wrigley, Jr. announced a 22 mile race to promote his Catalina Island in 1927, Alex Pape was selected to pilot Bay Area swimmer Leo Purcell. With a \$25,000 prize for first place, there were 400 hopeful entries. After dipping their toes in 54 degree water, only 102 would plunge in on January 15, 1927. Swimmers soon became discouraged realizing they had no chance for the prize. Alex's swimmer was one of the last to drop out. The only finisher, George Young, took 15 hours 45 minutes to cover an estimated 27 miles.

The next year, far too soon, one of our finest Dolphins passed away into history. The Chronicle established an Alex W. Pape trophy for the pilot of future winners of their annual Golden Gate Swim. Newspapers proclaimed Pape as "the greatest pilot of all time who gave his time, money and soul to aquatic sports."

The obituary for Alexander Pape, and even his death certificate, said he was age 56 and born in 1872. This is almost certainly incorrect based on all other available records such as census, voter registration, club memberships, and passenger lists. California did not require birth certificates until 1905. Other records were lost in the earthquake and fire of 1906. As a rule in genealogy, death certificates and



tombstones are not proof of birth dates. Alex was probably one to three years younger than reported when he died.

The Dolphin Club named a boat in honor of Alex, a Life Member. Later, in 1947, the Board of Governors commissioned Bill Richards to build three more boats "similar in construction to the Al Pape at a cost of \$400 each." These three modified-whitewalls, the Baggiani, Foster, and Landucci, became the template for future club singles. Sadly, the original Al Pape was damaged in 1950, and before repairs could be attempted it was set on fire without authorization.

In 1951 the Dolphin Club presented Alex Pape's many championship medals to his grand-daughter.





### A Selection of Alex Pape's Swimming and Rowing Medals